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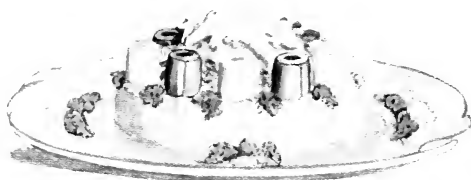


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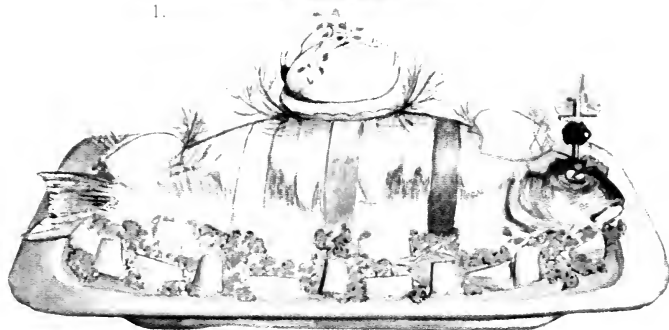
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NOV 91

À LA MODE COOKERY



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1. Soles à la Dundonald.

2. Salmon en Fête.

3. Salmon à la Verdi.

À LA MODE COOKERY

UP-TO-DATE RECIPES

BY

MRS. DE SALIS

AUTHOR OF THE À LA MODE SERIES OF COOKERY BOOKS

'Sir, I have eat of it and shall be happy to do so again'

DR. JOHNSON

WITH TWENTY-FOUR PLATES

SIXTEEN OF WHICH ARE PRINTED IN COLOURS

LONGMANS, GREEN, AND CO.

39 PATERNOSTER ROW, LONDON

NEW YORK AND BOMBAY

1902

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TO
THE LADY AUDREY BULLER

WHOSE ENTHUSIASTIC INTEREST
IN ALL THAT TENDS TO MAKE HOMES HAPPY
HAS PROMPTED THE AUTHORESS
TO DEDICATE WITH SINCERE FRIENDSHIP AND REGARD
THIS LITTLE BOOK UPON AN ART
THE NEGLECT OF WHICH WILL MAKE
THE HAPPIEST HOME MISERABLE

PREFACE

ENCOURAGED by the popularity of my little À-la-Mode Series of Cookery Books, I have been persuaded to produce the present volume, and I hope the feature of the illustrations will render the book of special service to many housewives ; especially as in the present century, when everything is so decorative, and cookery has become a fine art, it is quite as necessary to have Plates for cookery fashions as for dress, furniture, &c.

One or two of the recipes from my other books will be found again in this, illustrated, which will better explain how they should appear when garnished ; and at any time I shall be pleased to answer any questions relating to ' A la Mode Cookery ' upon which my readers desire information. In conclusion, may I add the words of Owen Meredith, who writes :

We may live without poetry, music, or art ;
We may live without conscience and love without heart ;
We may live without friends, we may live without books,
But civilised man cannot live without cooks.
He may live without books : what is knowledge but grieving ?
He may live without hope : what is hope but deceiving ?
He may live without love : what is passion but pining ?
But where is the man who can live without dining ?

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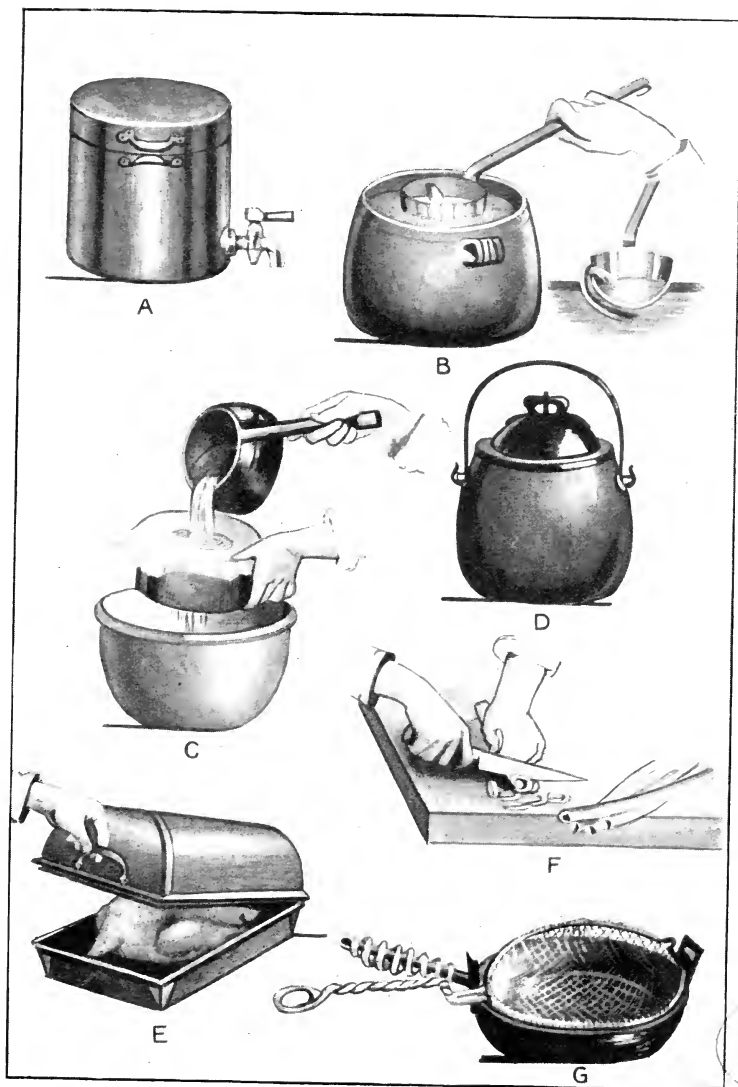
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SOUPS

‘Spoon-meat, bespeak a long spoon’

Comeay of Errors

‘C’est la soupe qui fait le soldat’



A, Stockpot ; B, 'Sans Graisse' Ladle ; C, Straining Soup ; D, Digester ;
 E, The 'Royal Roaster' ; F, Cutting Macaroni into rings for Soup ;
 G, The Crown Frying-pan.

SOUPS AND SOUP-MAKING

THE origin of soup lies in the obscurity of the Dark Ages, for it is one of the earliest culinary preparations we meet with. We read of a mess of pottage in the Bible, and it is recorded that when Duguesclin fought William of Blanctbourg he ate three wine soups in honour of the Holy Trinity.

Grimod de la Reynière said that soup was to dinner what a portico is to a palace or an overture to an opera : it is not only the commencement of a feast, but should give an idea of what is to follow. In France one always gets the perfection of soups and broths, because a French cook will make a delicious soup from a bunch of herbs and water in which an egg has been boiled, which proves that a good soup may be made almost from anything.

The great factor in making soups is the careful preparation of them, to thoroughly understand the difference between bouillon and consommé and to have a pot-au-feu, stock-pot, or soup-digester, always on the stove. Bouillon is a beef broth ; the consommé is the same which has been doubled with veal and fowl, the former to give it gelatine, the latter to give it flavour. The water in which meat, poultry, or fish has been boiled makes a good foundation for soups, adding gravy, meat, bones, poultry trimmings and ham bones ; the stock or water should double the

meat, a quart for every pound. In soup-making it is important to have a good wire sieve instead of a colander, which cooks are so fond of using.

On the stock of course greatly depends the goodness of the soup, whether brown or white. I consider that a portion of cooked meat flavours the soup more highly than when only raw meat is used.

One of the chief things to remember is to keep the flavours equal and not to allow any one in particular to predominate. Salt is best added just before taking the soup off the stove, as it is apt to harden the meat and prevent the flow of the juices. Fat should never find its way into the stock-pot by any chance.

The stock should always be made the day before it is wanted and the ingredients *simmered* for about ten hours, after which it should be strained through a hair sieve into a basin and the fat skimmed off next day. After removing the fat a damp hot cloth must be passed over it to absorb every particle of fat, and the piece at the bottom of the basin, where there is generally a little sediment, must be cut off, when the stock must be returned to the stock-pot or digester with the addition of the flavourings.

When soups are boiled they will never clear without the adjuncts of the whites and shells of eggs and a jelly bag, though the latter is not necessary, as a table napkin dipped in hot water and laid over a tammy sieve answers the purpose much better. A few giblets boiled in with the other ingredients give richness as well as a good colour when clear soup is required.

Skimming is another necessity which so many

cooks are so fond of shirking. The 'sans-graisse soup-ladle' is a most useful addition to the kitchen, by which stock can be obtained without any fat which might be on the top. The ladle is plunged rapidly into the stock, bottom part first, until the stock reaches the top of the spout outside, then bent a little to the side, where the spout is, so as to facilitate the liquid running up. (See Plate II.)

A tiny pinch of sugar stirred into the soup when it is ready for table is often an improvement, but of course much depends upon the quantity of saccharine matter the vegetables contain.

I have only given recipes for a few soups, as in the multitude of cookery books most excellent ones are to be found, and the few I have selected are the most popular at present.

Bonne Femme Soup

Take two lettuces, two leaves of sorrel, four sprigs of tarragon, four sprigs of chervil; wash and shred them finely. Cut a cucumber in half, peel it and cut it into thin slices, and then shred it with a sharp knife. Melt in a stewpan half an ounce of butter and place in the shredded vegetables, and let these stew for five minutes. Sprinkle them with half a salt-spoonful of salt and a salt-spoonful of castor sugar. Watch to see the vegetables do not discolour. Put into a saucepan a quart of white stock and let it boil, and when it is quite boiling pour it into the stewpan with the vegetables and let all boil gently for ten minutes till the vegetables are tender. Take the pan off the fire

and let it cool a little, then add a liaison of the yolks of three eggs well beaten, into which a gill of cream has been stirred, and strain through a sieve into a stewpan. Warm up and serve.

Calf's-tail Soup

Cut two calves' tails into three or four pieces. Put a piece of butter the size of a pigeon's egg into a stewpan with a turnip, two carrots, three onions, a head of celery, a bouquet garni, and half a pint of white stock. Add the calves' tails and cook till the bottom of the stewpan shows a light glaze ; keep stirring ; then add a couple of ounces of flour, which must be well stirred in ; then add a quart of white stock, stir every now and then till it boils, skim well, and then let it simmer till the tails are tender. Take out the tails, add a little salt, cayenne, and the strained piece of a lemon ; strain through a sieve, and put into the tureen with the pieces of calves' tails. Give a boil up and serve. A glass of sherry and a table-spoonful of cream improve this soup.

Lambs' tails can be used in the same way to make lamb's-tail soup.

Cauliflower Soup à la Spagna

Take a large cauliflower, boil, and divide it into neat little branches ; cut a turnip and a carrot into small egg-shaped pieces the size of olives. Add a sliced truffle and some sliced celery, and boil ; then drain and place them in a stewpan with six ounces of

butter, a small onion, two cloves, with salt and pepper to taste. Add some good fish stock and let all simmer together very gently. When the onion is soft, take it out. Have ready a purée of split peas, which stir into some clear fish stock.

Place the vegetables in the tureen with some fried dice-shaped sippets. Pour the soup over and serve very hot.

Cock-a-leekie

Wash one dozen leeks, and cut them into Julienne strips ; also have the water a chicken has been boiled in, and take the breast of the chicken and cut it into *thin* strips. Have ready two quarts of the chicken broth. Let it boil fast. Add the leek strips and let them boil for three hours ; then add the strips of fowl and let all slowly boil up.

If a purée is desired, the leeks must be rubbed through a fine sieve, boiled up, and cream added.

Her Majesty's Soup

Take some poultry giblets that have been well washed and scrubbed, and put them into a stewpan with boiling water, to blanch for five minutes, and put them into cold water ; then take them out and put them into a quart of white stock, with two onions, one carrot, one turnip, one bouquet garni, two cloves, and some mignonette pepper ; let the whole boil for two hours, skimming occasionally. Mix a table-spoonful of flour with a little cold stock, put it into a

clean stewpan with an ounce of butter, and let it cook for a few minutes ; then add the stock, in which has been put a dust of cayenne, six drops of lemon-juice and a dessert-spoonful of Victor sauce. Let the whole boil up, and strain into the tureen.

Genoa Soup

Wash thoroughly a moderate-sized bunch of borage, two large cabbage lettuces, and a beetroot, and cut them up. Dissolve four ounces of butter in a stewpan, and add the vegetables, and let them stew for about fifteen minutes. Add half a pint of fish stock, and let all boil gently for half an hour ; then skim well and remove the pan from the stove and let it cool. Beat up four eggs and mix them with the cooled vegetables, add half an ounce of grated Parmesan, half a pint of cream, salt and pepper to taste. Thoroughly mix these ingredients ; then put them into a gourmet boiler, and place it in a saucepan of boiling water till cooked ; then take it out, and divide the ingredients into unequal portions in a soup tureen, and pour over clear fish soup.

Indian Soup

Take the white meat from a couple of fowls which have been roasted and well basted with butter, pound it in a mortar with two ounces of sweet almonds, the yolks of four hard-boiled eggs, pepper and salt to taste. Then take three ounces of bread-crumbs soaked in milk and mix with them two

ounces of grated Parmesan ; when these are thoroughly pounded and mixed, pass through a sieve, add a little flour, and when well mixed make this paste into very small balls and boil them in butter and water ; drain and place them in a soup tureen and pour over very good clear soup.

Kidney Soup à la Auckland

Cut an ox kidney into thin slices, season these with salt and pepper, dredge a little flour over them, and fry them in butter till nicely browned.

Pour over them as much boiling water as will cover them, and simmer gently for an hour. Take out the kidney and cut it into small pieces and replace them into the saucepan with two quarts of stock, two turnips, two carrots, one onion, three sticks of celery (all cut small), and a small bunch of savoury herbs.

Simmer slowly for an hour and a half, then take out the herbs, add a table-spoonful of mushroom ketchup, the same of port wine, a little Reading sauce, and very little salt and pepper, and thicken the soup with a lump of butter rolled in flour.

Leek Soup

Take two dozen leeks, cut the white and tender green parts into rounds half an inch long.

Have ready two quarts of good white stock well flavoured, let it boil, then add the pieces of leek, and let them boil slowly for three hours.

Leek Soup à la Reine

Trim and wash off all the green parts of about six to eight leeks, and cut the white pieces into rounds. Blanch them, put them into a saucepan with a quarter of a pound of butter, and stir over the fire for about three minutes ; add some good white stock, about two pints ; boil till cooked. Then rub them through a fine hair sieve. Add a pint of white sauce and cook for about twenty minutes. Keep stirring all the time. Add pepper and salt to taste.

Let it cool, then add the yolks of two eggs well beaten, a gill of cream, strain into the soup, and stir over the fire till it is smooth and as thick as cream. But be sure not to let it boil. Serve fried bread with it cut in the shape of small dice.

Lentil Soup

Take a quart of lentils, put them in a stewpan with a slice of ham in good stock, add a carrot, an onion, a turnip, and a head of celery. Let all boil together slowly for three or four hours. Then rub the soup through a sieve, and place it back in the saucepan to boil ; then draw it to the side of the stove, skim it, and boil up again ; serve with fried bread cut to the size of dice.

Macaroni Soup

Soak macaroni in salt and water, and boil it in a little clear stock. When cooked, cut it up into very

tiny rings, rinse them in warm water, place them at the bottom of the tureen, and pour over some boiling clear soup. Grated Parmesan should be handed with the soup. (See Plate II.)

Consommé à la Monte Carlo

Make a good clear soup flavoured with trimmings, carcasses, and bones of game, and put into it just before serving little custards made in four colours. Cut them into the shapes of diamonds, hearts, spades, and clubs. The yellow are made with the yolk of egg only, poached in a little stock, the white with the whites, and the pink and green with the white of egg tinted with cochineal and sap-green colourings.

Mushroom Soup

Have ready some good veal broth ; bring to the boil. Have ready some well-washed mushrooms, allowing half a pound of them to one pint of broth. Chop them up with a Spanish onion, also cut up small ; put them into the boiling stock, and boil hard for a quarter of an hour. Then pass all through a sieve ; add a thickening of flour, milk, and butter, pepper and salt to taste. When thick enough, place the saucepan on the side of the fire, and when cooling add the yolks of three eggs beaten up in a table-spoonful of cream. A squeeze of lemon and a little mushroom ketchup added is thought to be an improvement.

Mushroom and Lobster Soup

(Naples Recipe)

Take a *large* lobster and divide it into two pieces lengthways, extract the two tail-pieces and put apart, but pound all the rest of the flesh. Put the shells into water and boil them, then drain away the water and add it to the pounded lobster. Now put a large head of celery, a small bunch of parsley, two parsnips cut in four, one medium-sized onion, two bay-leaves, six ounces of finely minced tomatoes, two cloves, half a pound of fresh butter, and boil all together till cooked. Take three pounds of button mushrooms, wash them in water and lemon juice, cook and slice them and put them apart. Pass the soup through a hair sieve, fry some bread cut into dice, place them in the tureen with the mushrooms and the tail part of the lobster cut into pieces. Pour the purée over them and serve very hot. The purée should be of the consistency of good thick cream.

Mutton Soup

Boil half a teacupful of Scotch barley till tender in a quart of good mutton broth, two onions, two shalots, two carrots, one turnip, a table-spoonful of parsley, all cut up very finely, and pepper and salt to taste. Put in some neck cutlets from the mutton into the soup, neatly trimmed and without fat, and let all stew well. Before serving, thicken the soup with a teacupful of cream, added cold, then boil up.

Sago Soup à la Crème

Put one pint of white stock on to boil in a stewpan ; then take one ounce of prepared crushed sago and stir it in gradually when the stock boils ; after which move the saucepan to the side of the fire, and let all simmer till the sago is quite clear. Beat up the yolks of two eggs with two table-spoonfuls of cream, and stir in, and then strain the mixture into another basin. Remove the stewpan from the fire and let it cool ; when cool, add gradually three table-spoonfuls of the egg liaison, stirring all the time, taking great care the eggs do not curdle, then add the rest of the stock, stirring well, and add pepper and salt to taste.

Sheep's-head Broth

Choose a fat young head and four trotters well cleaned. Scrape and soak them in cold water, then split the head in halves, remove the brains and eyes, and cut out the gristle inside the nose. Leave the trotters in water till required. Tie the two halves of the head together to keep the tongue in its proper place. Lay the head in a saucepan with two pounds of scrag of mutton, a breakfast-cupful of barley, a quarter of a pint of pea-powder, a little salt, and a gallon of water. Boil gently, carefully skimming. After the head has boiled an hour, put in the trotters, and after two hours, add two carrots, two turnips, two onions, and a few sticks of celery all sliced together. Boil the head for three and a half hours *very slowly*, serve on a dish with the trotters round, put the brains

into the soup whilst it is boiling and simmer for fifteen minutes ; put the soup into a tureen, take out the brains and make them into forcemeat balls fried ; the head and tongue should be served separately covered with a brown piquante sauce.

Tomato Soup

First make half a pint of tomato sauce, melt one ounce of butter in a saucepan and one rasher of bacon ; add one carrot and a piece of onion cut small, ten peppercorns, two bay-leaves, and a pinch of cayenne ; cook this over the fire without burning, or it will spoil the colour. When cooked, add two pounds of tomatoes either fresh or tinned, stir all these ingredients well, and let them boil till they thicken ; when boiled, rub through a sieve ; add very little salt. Have ready three-quarters of a pint of boiling stock, into which put a dessert-spoonful of crushed sago, which must be *sprinkled* into the stock a little at a time, then add the tomato sauce and bring it to the boil, but not allowing it to boil afterwards. Croûtons should be handed with this soup, cut into the *finest* of squares.

FISH

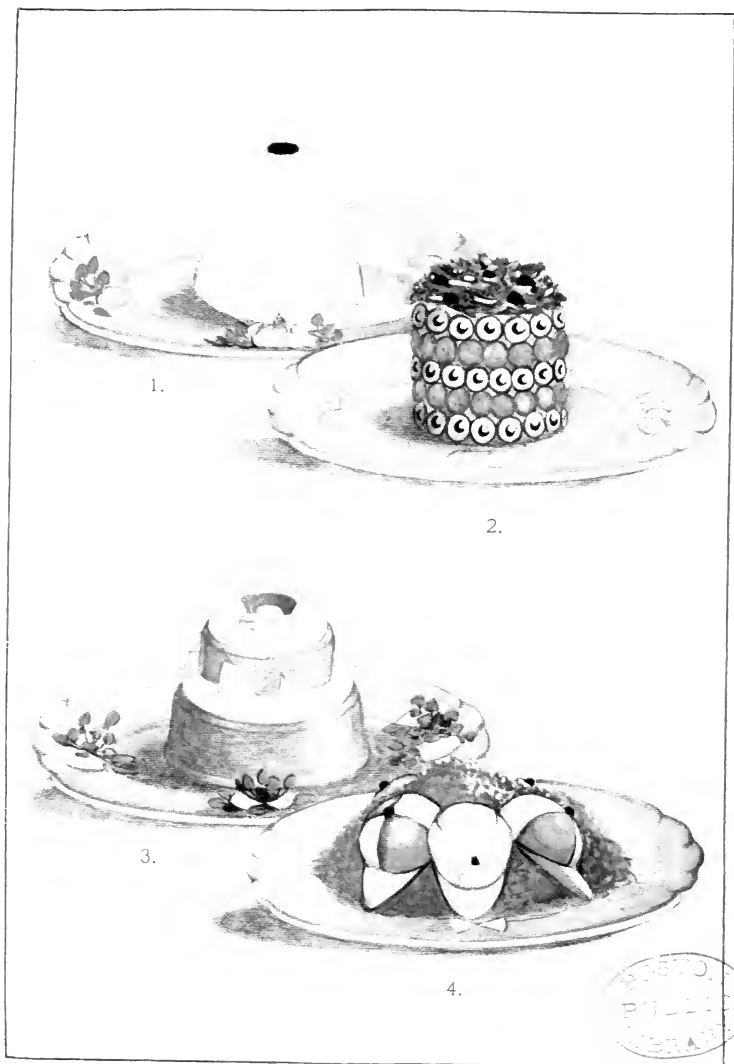
‘I’ll make for fish’

Tempest

All fish from sea or shore,
Freshet or purling brook of shell and fire
And exquisitest name ; for which was drained
Pontus and Lucrine bay and Afric coast ’

MILTON





1. Crab à la 20th Century.
2. Crab à la Transvaal.

3. Turban of Trout.
4. Lobster à la Newmarket.

FISH AND FISH-COOKING

NATURE has amongst her other works provided an unbounded supply of fish for the food of man, therefore it is the duty of us all to know how to cook and serve it in different and appetising ways, so that all tastes may be satisfied. The flesh of fish is rich in nitrogen, carbon, and phosphorus. The first is essential for keeping up our bodily vigour, carbon gives heat and strength, whilst phosphorus feeds the brain.

The Germans consider that without phosphorus 'there is no thought,' and the Jews, who are famous for their acute mental perceptions, eat more fish than any other people, and yet they are very particular what fish they eat, as in the eleventh chapter of Leviticus is found the following verse: 'Whatsoever hath no fins nor scales in the waters, they shall be an abomination unto you;' and therefore the Hebrews or ancient Jews ignored eels, oysters, prawns, shrimps, and mussels.

The ways of cooking fish are many and various, and I am giving a few recipes for simple cookery as well as for high-class fancy ones; but before I describe them I must say a few words on the actual cooking of our briny friends.

There are two ways of boiling fish. The first is

to place the fish in cold water with plenty of salt and a little vinegar; the second is to plunge it in boiling salted water.

The latter way is the more expeditious, but the former keeps the quality better. In either case the fish should be taken out of the water as soon as cooked, and well drained to preserve its flavour and firmness. The liquor should be well skimmed as fast as the scum rises. For large fish it is best to keep it a long time at a gentle simmer. Fish requires the greatest care in cooking, as it is easily spoiled both in flavour and appearance. If overdone a minute or two it breaks into pieces, and if underdone it is unwholesome. In frying fish the fire must be bright and clear, and the first thing is to see that the fish is thoroughly dry, and then floured carefully. An egg should be well beaten up, yolk and white together, and the breadcrumbs dry and fine, and passed through a wire sieve. After the fish is floured, brush it over carefully. Egg it all over with a paste-brush, and cover it with the breadcrumbs; then see that the fat is boiling, which can be ascertained by dropping a single drop of cold water into it, and if it makes much hissing the fat boils, then the fish should be instantly plunged into it.

To bake fish, place it in a small baking-tin in the oven. Cook it in a little good dripping, with the addition of a few breadcrumbs, pepper, salt, and a sprinkling of sweet herbs.

Salmon should be cooked in boiling water; when it is to be broiled, it should be cut into slices one inch thick and steeped in a dish with half a gill of salad oil,

salt and pepper, and then broiled over a good clear fire for twelve minutes each side.

Turbot and brill should be soaked in cold water containing salt for two hours before it is dressed, and should be cooked in a turbot-kettle and covered well with cold water ; set over a gentle fire, with a handful of salt and a gill of vinegar. The scum must be removed as it rises. When it boils up, put in a little cold water and take out some of the hot ; on its once more boiling, if it be not very large, take it off the fire, as fish should never be allowed to boil too strongly up. But there are so many cookery books, as I have mentioned before, that it will be needless for me to go into these particulars, as I must devote as much space as possible to recipes ; but I may mention that if fish is wanted to be kept hot for a few minutes before serving, cover it with two or three folds of clean cloth on the strainer across the kettle, but it must *not* be kept in the water.¹

Boules à la Durban

Boil a Finnan haddock and flake off the flesh, pound it in a mortar with a couple of ounces of butter, a dessert-spoonful of either essence of anchovy or the liquor from some oysters, and a dash of cayenne. Rub all through a sieve, then add two table-spoonfuls of fine breadcrumbs, a tea-spoonful

¹ There are many more recipes of dressed fish in my little book, *Dressed Fish à la mode*, and the *Housewife's Reference*.

of finely minced parsley, and the yolk of an egg. Roll this into balls the size of a walnut, drop them into boiling fat and fry a delicate golden colour. Pile them pyramid fashion on a dish, sprinkle with grated Parmesan, and decorate with fried parsley and hard-boiled eggs. When this dish is required to be rich, add a table-spoonful of cream and half the quantity of butter, and mince with the fish half a dozen oysters.

Canapés à la Brighton

Cook a Finnan haddock, cut it into fingers about one and a half inch broad and three and a half inches long; fry some bread lightly, having cut it into the same size pieces as the haddock; place on each of these pieces of fried bread a slice of hot bacon, on which put the haddock. Boil an egg hard, pass the yolk through a sieve and strain it over the fish, sprinkle a little coralline pepper over all, and garnish with parsley.

Codfish à la Moderne

Take two slices of cod and cut them into eight fillets. Roll them round and fasten with a piece of tape. Have a mixture made with melted butter, the juice of a small lemon, salt to taste, a little cayenne, and the juice of an onion. Pour this sauce over the rolls and bake in an oven for twenty minutes. Arrange round a dish, fill the centre with Duchesse potatoes, and serve oyster or egg sauce with it.

Crab Rissoles

Take the flesh from a couple of crabs and mix with it two ounces of fine breadcrumbs, one ounce of butter, and a whole egg. Put this mixture into a mortar and pound it till quite smooth; add a teaspoonful of anchovy sauce and a large table-spoonful of cream, roll into balls the size of a golf-ball, egg and crumb, and fry in boiling fat. Dish in pyramids with fried parsley and lemon croûtons.

Crab à la Twentieth Century

Make a panada with the meat of a crab, two yolks of egg, and a gill of cream; also make a savoury custard with two eggs, half a pint of cream, and a small shallot. Put some of the crab panada into a mould; put on ice, then place on a layer of custard and put on ice again; add more crab panada and more custard till the mould is full. Return it to the refrigerator, and, when sufficiently iced, turn out with shredded cucumber over it and with mayonnaise sauce round it. (See Plate III.)

Crab à la Transvaal

Line a plain round mould with pale-green aspic jelly. Slice a cucumber in slices a quarter of an inch thick and about the size of a florin, and cover them with aspic cream. Cut a small crescent-shaped piece of truffle and place on the centre of each slice, put on ice till well frozen. Pound the flesh of a

crab, season with a little Nepaul pepper and a dessert-spoonful of anchovy sauce. Mix in with this half a pint of whipped aspic and whipped cream, colour with a little cherry-red colouring and some pounded lobster coral; put on ice, and when cold stamp it out in slices the size of a florin. Arrange the cucumber and crab alternately in layers round the mould and fill in the centre with an iced salad of lettuce, cucumber cut into pea-shape, truffles, capers, tomatoes, fillets of anchovy and some cockscombs. Cover with mayonnaise dressing, and sprinkle with lobster coral. (See Plate III.)

Egg Baskets aux Huitres

Take as many eggs as required, boil them hard and cut them in halves longways; remove the yolks and pound them in a mortar with two dozen cooking oysters, some rich white sauce, in which a dessert-spoonful of lemon has been mixed and a tea-spoonful of anchovy sauce, also the strained oyster liquor and a sprinkling of cayenne; put into a saucepan and hot them up. When all is well mixed, fill the cavities with the mixture. Make some handles to each basket with parsley stalks and send to table piping hot.

Fish Balls à la Nouveauté

Take some salmon or remains of turbot or brill. Pound in a mortar with butter till quite smooth, then make it into round balls the size of a billiard-

ball or rather less. Roll them in beaten egg and breadcrumbs ; fry ; after which roll some in finely powdered lobster coral, some in very finely powdered and dried parsley, and some in truffle peelings. Arrange them in assorted colours in a pyramid garnished with watercress.

Lax Savoury à la Harlequin

Take some dried lax, pound it in a mortar with some butter (a quarter of a pound of each), add a little pepper ; mould into small round balls the size of a golf-ball. Roll them in beaten egg and crumbs and fry them. Have ready separately some very finely powdered parsley, some powdered lobster coral, some yolk of hard-boiled egg and some hard-boiled white of egg passed through the sieve. Roll balls as soon as fried, some in the parsley, some in the coral, and some in the white and yolk of egg. Arrange them in a mound, assorting the colours gracefully.

Lobster Chartreuse

Line a plain round mould thinly with pale aspic jelly. Have some stiff aspic and mix with cream and put on ice, and when stiff cut into half-inch squares ; also have some red aspic jelly made stiff enough to cut into squares the same size as the white. Make some devices at the bottom of the mould as in plate.

Then arrange the squares of jelly in alternate

colours like a chess-board round the mould, sticking them to the mould with a little half-melted aspic. Stand on ice, and when thoroughly cold fill up the centre with lobster cream made by pounding the meat of a lobster in the mortar with a table-spoonful of anchovy sauce, a little cayenne, the lobster coral pounded, half a pint of stiffly whipped cream and a gill of liquid aspic jelly. Mix all thoroughly and add a little cochineal. Decorate the centre of the op with a wreath of chervil sprinkled with lobster coral, with two or three small radishes and cucumber cut into pea-shapes. Garnish with a cucumber salad sprinkled with lobster coral.

Lobster à la Kitchener

Take some little lobster moulds and line them with aspic jelly, into which some lobster coral has been sprinkled, then take a small lobster, and pound the flesh in a mortar. Mix it with cream and aspic and a few drops of essence of anchovy ; also a little cochineal to make it a good colour. Fill the little moulds with these and put on ice. When ready to turn out, arrange them round a salad thickly sauced with a thick mayonnaise garnished with beetroot and cucumber alternately.

This dish is very attractive with lobster cutlets in aspic, arranging the cutlets round the salad and placing the little lobster moulds on the top of the salad. Garnish with chopped aspic sprinkled with green chopped aspic.

Lobster à la Newmarket

Mask some jockey cap moulds¹ with pale aspic jelly and put on ice. Make some aspic cream in different colours—red, pink, yellow, brown, blue, white—and fill each of the caps with one colour. When set, turn out and cut each colour into four sections, then fill the caps with four of the quarters, putting alternately two colours into each mould. Pour in half a teaspoonful of liquid aspic, so that the quarters may adhere. Then cut out a little hole in each jelly and fill in with lobster cream. Put on ice till required to turn out, and arrange them on a bed of green chopped aspic. (See Plate III.)

Lobster Mould à la United Service

Get a Union Jack bordure mould, and fill it, after masking it with aspic, with pounded lobster flavoured with anchovy and cayenne, mixed with cream and aspic. The pattern of the flags must be carried out in aspic creams, red, white, and blue, Damson blue must be used for the blue colour.

The centre can be filled with either a mayonnaise or cucumber cut into pea-shapes and masked with green mayonnaise. (See Plate XIV.)

Mackerel à la Vénitienne

Remove the heads, tails, and centre bones of a couple of mackerel, cut them into neat pieces and

¹ These moulds are to be obtained at Jones Brothers, Down St , Piccadilly, W.

bake them in a buttered tin. Arrange them *en couronne* on a dish when cooked. Take some pale stock, add a dessert-spoonful of mushroom ketchup, stir in the yolk of an egg, some butter and a little lemon-juice to taste ; stir over the fire till it is hot, but not boiling ; add some chopped parsley and tarragon leaves and a table-spoonful of claret and pour over the fish.

Mussels à la Gourmet

Take some good veal gravy and a piece of butter the size of a pigeon's egg, a spoonful of walnut ketchup and a table-spoonful of claret. Season with cayenne or salt. Then stew the mussels in this sauce till done. Serve in little china or silver shells garnished with beetroot.

Mussels Stewed

They must be washed in several waters, then put in a stewpan and covered close. Let them stew till the shells open, then pick out the fish and look under their tongues to see if there be a small crab, and if there be one throw it away ; the tough membrane under the tongue must be picked off. Then the mussels are put into a stewpan, adding to every quart of fish half a pint of the liquor which has been strained through a sieve. Roll some butter and flour and stew gently. Lay toasted bread in the dish, and pour the mussels on to it.

Oyster Aigrettes

Take some oysters, cut off the beards and cover them with batter made as follows :—Beat up a table-spoonful of lemon-juice, one of salad oil, and a little cold water, with the yolk of one egg, a small tea-spoonful of anchovy sauce and a dust of cayenne pepper ; then work in sufficient flour to make, with the addition of more water, as much batter as required. The batter should be of the consistency of thick cream. Beat up the whites of two eggs to a froth and stir into the batter. Roll each oyster in this and fry, and send to table very hot and few at a time. Instead of using water in the first instance, the strained liquor from the oysters may be used. (See Plate IV.)

Oyster Baskets

Make some puff paste and line thinly some dariole moulds (as many as are required), and bake them ; when ready, put in the following mixture :—Take as many oysters as will be required according to the number of cases—the deep-sea oysters are very good for this dish ; reserve the oyster liquor, cut off the hard pieces and beard, and put them into the liquor and bring to the boil ; then strain off the liquor. Take a gill of milk and mix with it two large table-spoonfuls of flour till smooth, then add the oyster liquor, a tea-spoonful of anchovy, a tea-spoonful of lemon-juice, one gill of cream, a little cayenne ; place on the fire and cook till *nearly* boiling ; keep

stirring all the time till it is of the consistency of cream. Stir in a pat of butter quickly and then place the oysters in the hot sauce and fill the baskets. Have some of the paste mixed with fine parsley twisted into the shape of handles ; bake, and put over the baskets.

Oyster Patties à la Napoli

Take two dozen deep-sea oysters, wash them in warm water, mince them finely, then put them into a stewpan with a few sliced truffles. Mince some parsley and marjoram very finely and add them to the oysters, with pepper and salt to taste.

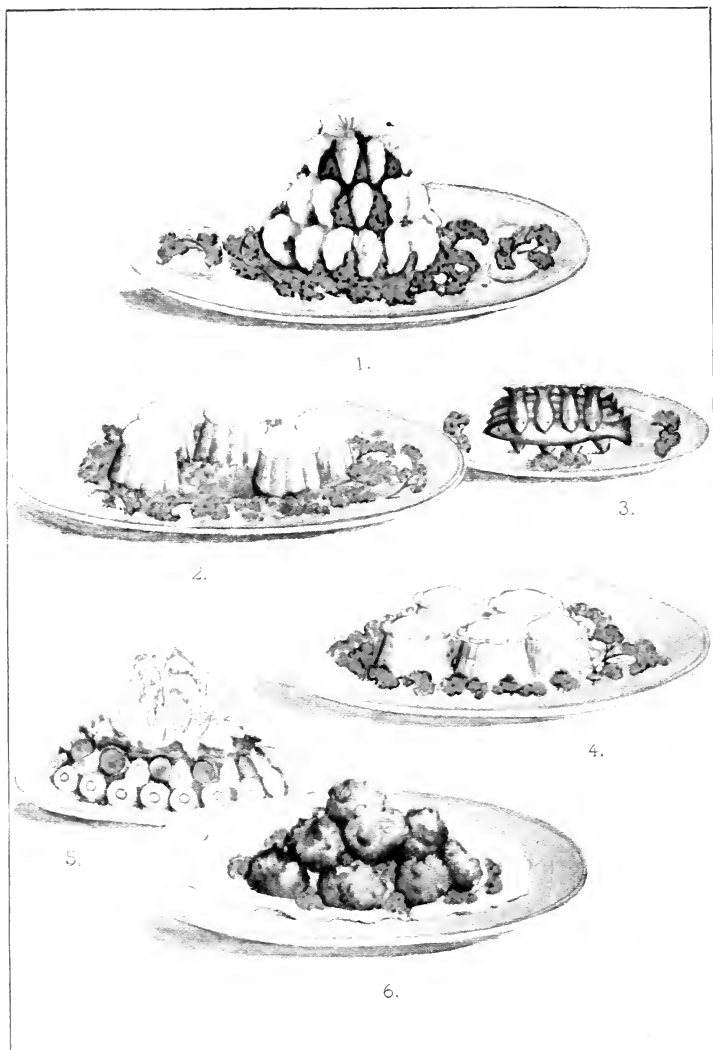
Make a light sauce with flour and the yolk of an egg and mix it with the other ingredients.

Have ready some nicely baked patty cases made of puff paste with lids to them. Fill the cases with the mixture in the stewpan. When cooked, serve very hot or *quite* cold. (See Plate IV.)

Oysters à la Prince Edward

Take some deep-sea oysters, drain away the liquid. Place in a sauté-pan a good lump of butter. Beat up an egg, season with a trifle of cayenne, and dip the oysters into the egg and then into biscuit powder.

Make the butter in the sauté-pan boiling, then drop in the oysters and fry them till they are a pale gold colour, and serve them piled up in a pyramid as quickly as possible.



1. Prawns montés au Naturel.
2. Savoury Haddock Patties.
3. Smelts Fried

4. Oyster Patties à la Napoli.
5. Lobster Salads.
6. Oyster Aigrettes.

Oyster Rissolettes

Warm as many oysters as are required in their own liquor for two minutes, having first taken off their beards. Strain the liquor, make a thickening with flour and butter, and put it into a saucepan with the oyster liquor. When it thickens, add two spoonfuls of white stock and the same of cream. Now mince the oysters and mix them into the sauce, which should be thick enough to form a paste. Season with a dust of cayenne, half a tea-spoonful of anchovy and a dessert-spoonful of lemon-juice. Have some puff paste rolled as thin as possible, cut it into little ovals and put a tea-spoonful of the oyster mixture into each ; fold them over and brush over with yolk of egg and crushed vermicelli ; bake in a quick oven. Serve with fried parsley and small quarters of lemons.

Iced Oyster Soufflé

Take two dozen small oysters ; mince them, and rub them through a wire sieve. Blanch and beard a dozen sauce oysters, and cut each into four pieces. Put two ounces of flour and one ounce of butter into a stewpan, and mix well together over the fire ; add a gill of the oyster liquor, and stir till it all thickens.

Put this sauce and the pounded oysters into a mortar and pound all together, adding two yolks of eggs one at a time, a little salt, cayenne pepper, a gill of cream, and half a pint of whipped aspic jelly. When these are well mixed beat the whites of three

eggs to a stiff froth, and stir them into the mixture very lightly, then put in the oysters. Butter a mould, pour in the mixture, cover it with buttered paper, and steam gently for half an hour; then turn out, when cold, into a mould lined with aspic jelly, the same size as first mould.

Garnish with chopped aspic, chervil leaves, and cherry tomatoes.

Oysters à la St. Pierre

Take some oyster moulds (which can only be bought of Jones Brothers, of Down Street), and line them with very clear pale fish aspic. Place in each mould a good native, and finish the mould with a purée of pounded lobster coral mixed with aspic. Place on ice to set, then turn out on a cool border made of Brown Breadcrumbs soaked in lemon, a little cayenne, and some pale aspic jelly. Garnish with sliced lemon and watercress.

Prawns montés au Naturel

Take a large lemon, cut off one end so that the lemon will stand, and cover it all over with prawns, sticking the hard part of the antennæ into the lemon. Fill up all interstices with parsley; round the base place a layer of parsley, then rows of prawns to fill up the dish. (See Plate IV.)

Prawn Jelly

Take a mould and ornament the top with truffles cut in crescents and stars; then put in a layer of

white aspic cream. When set, chemise the mould with red savoury aspic jelly. Put on ice, and when the jelly is set, arrange prawns round the sides in crescents, with a little round of truffle in the crescent. Place on ice again, and when set up fill the centre with prawns and aspic till the mould is full. When served, decorate the base with iced mayonnaise.

Prawn Rissoles

Take half a pint of prawns, shell them, and put one ounce and a half of butter into a saucepan with one ounce and a half of flour, and a quarter pint of water. Stir over the fire till it is a smooth paste. Have ready the prawns chopped, stir them into the paste, add salt and pepper to taste, a table-spoonful of lemon-juice, and a few drops of anchovy. Stir all well together, and then turn out on a dish to get cold. Let it stand for a couple of hours ; then make it into little balls. Flour them over, then egg and breadcrumb, and fry in very hot fat. Mayonnaise sauce can be handed with them.

Garnish with fried parsley and lemon croûtons.

Red Mullet à la Pasha

(Rougets à la Pasha)

Soak the fish for about an hour in a mixture of salad oil, pepper and salt, finely chopped parsley, and a bead of garlic. After they have soaked, clean the insides, and mix into this marinade, and work

in enough breadcrumbs mixed with milk to make a paste. Work this mixture through the gills into each fish. Wrap them up in grease-proof paper, well buttered, and broil over the fire.

Red Mullet à la Livorno

Place the mullets on a buttered dish, sprinkle with a little cayenne and lemon-juice, cover closely with oiled paper, and cook in a moderately hot oven till done. Chop up two shalots, fry them in butter with a tea-spoonful of flour, a bay-leaf, and a few sprays of thyme till lightly browned ; then add by degrees half a pint of weak stock, a table-spoonful of mushroom ketchup, a table-spoonful of essence of anchovy, and half a wineglass of Marsala. Stir over the fire till the sauce has thickened ; then let it simmer for from six to eight minutes, dish up and pour the sauce over it.

Bombes of Salmon and Cucumber

Take a slice of salmon weighing rather less than a pound, and cook in the oven with buttered paper over it. When cooked, place on a dish to get cold. Take the skin and the piece of bone that is in the centre of the slice and put them into a little stock with a small piece of onion, carrot, celery, parsley and thyme ; let this simmer for three-quarters of an hour, then strain it into three-quarters of a pint of velouté

sauce into which a little cayenne and anchovy sauce have been put with an ounce of leaf gelatine ; reduce these till quite thick, then add a gill of cream ; let boil, and strain into a stewpan.

• Next cut up the salmon into small dice-shaped pieces and chop up some cucumber smaller still. Mix them together and put them into a stewpan with a quarter of the white sauce, then put it on ice to get cold, and when cold and set, roll it into balls or bombs the size of a golf-ball, and mask these with the remainder of the sauce into which a little liquid aspic has been put, sprinkle them with powdered lobster coral, dish them as a pile of cannon-balls, and garnish with chopped aspic.

Salmon en Fête

Boil a small salmon or grilse, putting an onion and a slice of bacon in the water it is boiled in. Tie it up with broad tape to keep it in shape. Remove the fins before boiling, and the skin as soon as it is cooked ; then place it on the dish it is to be served on, and cover it entirely with thick green aspic mayonnaise cream. When it has all set and is completely covered, place across the back three strips or saddles of stiff aspic jelly at equal distances. The strips should be an inch and a half wide and eight inches long ; the centre piece should be coloured red and the others respectively white and blue. Make an edging to these saddles with *tiny* parsley-leaves. Take a swan mould and fill it with a mixture of cornflour and

gelatine and stand it on the red saddle, fastening it on with gelatine ; at the head and tail place two shells made in the same way as the swan, only in shell moulds and turned out. Arrange asparagus fern to represent seaweed on either side of the shells, and place a chaplet of chervil-leaves round the swan's neck. In the head of the salmon stick a silver *hâtelet* piercing two prawns and a truffle. Make a border of chopped aspic, and place round, and beyond iced mousseline sauce. Fill little lobster moulds with lobster cream and arrange round. (See *Frontispiece*.)

Salmon Puddings Romano

Take some little fish moulds and line them with very clear aspic jelly. Put in a layer of lobster cream aspic and then fill in with salmon and anchovy forcemeat mixed with a red mayonnaise sauce. Place on ice and turn out on a border of pale-green aspic jelly, and in the centre put some dressed cucumber cut in pea-shapes.

Salmon à la Verdi

Boil half a pound of salmon and put it into a stew-pan with a glass of sauterne and let it simmer till cooked. When cooked, pound it in a mortar with a teaspoonful of essence of anchovy, a dust of cayenne, a finely minced shalot and a table-spoonful of Allemande sauce. Pass through a tammy sieve and add a gill of whipped cream. Line some little shell-moulds

with aspic ; when set, add the salmon cream and place on ice for an hour, then turn them out.

Have some cucumbers cut into pieces two inches long, notching the peel to give it a striped look. Stand these on a dish, turn out the lobster from the shells and arrange one on each of the cucumbers in a circle. Have ready some little balls of lobster force-meat well rolled in lobster coral and place between the pieces of cucumber with the shells of salmon ; fill the centre with salad ; dress it over with green mayonnaise sprinkled with lobster coral, and garnish with croûtons of aspic. (See Frontispiece.)

Stuffed Sardines à la Provençale

(Sardines Farcies)

Put some very finely chopped spinach in a sauce-pan with a little salad oil, and cook till dry. Season with salt, nutmeg, and pepper, and one clove ; sprinkle with breadcrumbs, and moisten with milk. Cook over the fire till it becomes of a proper consistency, then remove from the fire and mix in two or three yolks of eggs and two or three chopped anchovies. Take off the heads and the pipe or guts of twenty sardines, split them open, salt them, and mask the insides with some of the spinach. Roll them up like barrels and fasten them with thread.

Take a fire-proof plate, sprinkle it with a pinch of minced onion. Pour a very little oil over : place the sardines in a row and sprinkle them with raspings, moisten them with a little more oil, and cook

them in the oven for twelve minutes and serve quickly.

Sardines and Spinach

Prepare spinach as in the other spinach recipes. Pound up with it a dozen sardines. Add salt, pepper and a trifle of cayenne. Arrange this flat on a dish and garnish with hard-boiled quarters of egg and rows of sardines on the top.

Savoury à la Brighton

Take some sardines, wipe the oil from them, roll a piece of bacon round them and fry them in batter, and pour over a thick Mornay sauce. A little cream added to the sauce greatly improves it. Sprinkle a little coralline pepper and dried parsley over all.

Savoury Finnan Haddock Patties

Make some good puff-paste cases, spread anchovy butter all round inside, then put in some dried haddock which has been pounded with some butter and passed through a sieve. Make some batter as for cheese soufflé flavoured slightly with cayenne, place it on the top of the cases, put in the oven and serve quickly. (See Plate IV.)

Shrimps à l'Espagnole

(Spanish recipe)

Cook half a pint of shrimps and six potatoes separately. Make a sauce with six *green* tomatoes, a small onion chopped and a teaspoonful of pepper and fry in oil.

Put a spoonful of vinegar into the water with the shrimps after they have been shelled for a couple of seconds, then mix them with the potatoes and sauce, and warm up all together ; arrange on a pyramid in the middle of the dish, and serve a little anchovy sauce in a tureen if liked.

Smelts Fried, Sauce Tartare

Before frying, draw the fish through the gills, and fasten the tails in the mouths and give one stitch with some cotton ; season with pepper and salt and roll in egg and breadcrumbs. Fry in boiling fat. Serve them arranged tastefully with quarters of lemon and fried parsley. Cut away the cotton before serving.

Hand Tartare sauce with them. (See Plate IV.)

Bombes of Sole à la Baltique

Take four skinned and filleted soles, place them in a sauté-pan that has been well buttered, cover them with buttered paper and cook them in the oven. When cooked, place them on a dish to get cold ; put the bones of the fish in a saucepan and cook them over the fire with a small piece of carrot, an

onion, a little celery, a bouquet garni, and a bay-leaf; cover with good pale stock and let it simmer for an hour. Strain this into a pint of good Béchamel sauce, in which an ounce of soaked gelatine has been put; reduce this on the fire till of a good consistence, add a gill of good rich cream and let all boil together. Cut up the fillets of sole in small dice, and chop up a dozen small white mushrooms; mix these with one-third of the sauce, adding pepper and salt to taste, and a dust of cayenne; place on ice to get cold, then roll them into small balls. Take the remainder of the sauce, add a little liquid aspic to it, stir in thickly some powdered pistachio kernels, and mask the balls with it. Dish up like a pile of cannon-balls; garnish with chopped aspic and iced lobster sauce cut into little oblong blocks an inch and a half long and half an inch wide.

Soles à la Dundonald

Fillet as many soles as required, spread lobster butter on each mixed with a sprinkling of very fine breadcrumbs and minced parsley. Roll them up and place them in a French china baking-dish; squeeze a little lemon-juice over, place buttered paper over all, and cook them in the oven for ten or twelve minutes. When cold, mask them alternately with green aspic mayonnaise and Cardinal mayonnaise. Dish them on a border of whiting forcemeat masked with white chaudfroid sauce, and in the centre place shredded lettuce and cucumber with salad dressing. (See Frontispiece.)

Fillets of Sole à la Rothschild

Season some fillets of sole with lemon-juice, pepper, and salt; cut each fillet in half, cut some carrots into the shape of corks, and roll each fillet round one of these, and tie them up in buttered paper.

Put these rolls in a stewpan with a gill of sauterne and about half a pint of fish stock; add a dust of salt and let these cook for fifteen or twenty minutes, then take them out and remove the carrots. Make a farce with a piece of butter the size of a walnut, mix it with a little stock in which the fish was cooked, and a table-spoonful of whipped cream, which stir in a stewpan till it boils; then add some lobster spawn which has been pounded with butter; let all this boil again, keeping it well stirred. Mix in the yolk of an egg when cool and pass through a sieve, then add a few minced prawns or oysters, and mix well and warm up; garnish with crayfish and fried parsley.

Tomato or oyster sauce should be handed with this fish.

Sole à la Rouennaise

Take a medium-sized sole, cut off the fins, head, and tail, and fillet it; chop up the bones and skin very small; add a little salt and take each fillet and spread thinly on half of it some lobster panada; then fold the remaining piece over, sandwich fashion. Squeeze the juice of a lemon over the prepared

fillets ; cover them with buttered paper, and bake in the oven for ten minutes. Make a sauce of one ounce of butter and a dessert-spoonful of flour stirred together till it boils ; add a little lemon-juice, and a gill of cream, and strain it ; arrange the fillets *en cercle*. Mask them well with the sauce, and sprinkle lobster coral, parsley, and truffles, and grated hard-boiled eggs over alternately. Serve lobster quenelles in the centre. This dish can be made with oysters or mushrooms instead of lobster.

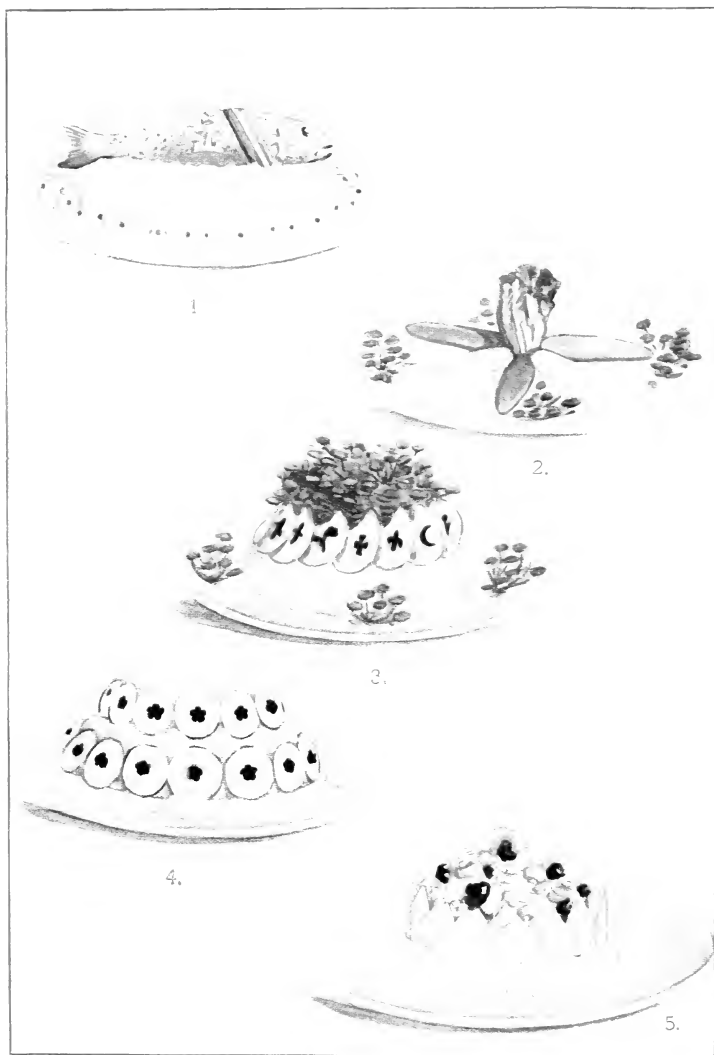
Sole à la Stella

Cook a fair-sized sole that has been filleted into cutlets ; cut them into points to resemble star points. Mask some with white aspic cream, and the others with green aspic cream.

Arrange them in a silver dish in the form of a star, white and green alternately, leaving a small round place in the centre, in which stand the heart of a lettuce ; put chopped aspic in between the points of the star and all round the dish. (See Plate V.)

Timbale of Fish

Pick the fish from skin and bone, after it has been cooked, cut it into fine dice and mix about half a pound of fish with rather more than a gill of white sauce ; season with salt and pepper, a little chopped parsley, and lemon-juice. Mix two whole eggs thoroughly into it, put it in a plain greased timbale-mould



1. Truite Saumonée à la Norvégienne. 2. Sole à la Stella.
 3. Cutlets à la Rouge et Noir. 4. Medallions of Foie Gras à la Rosière.
 5. Whiting à la Russe.

Twist a buttered paper over it, and steam (do not let it boil) for three-quarters of an hour ; then turn it on to a dish, and pour over it a sauce made by frying a small minced onion in a little butter till on the point of turning brown, mix this with a table-spoonful of flour that has been mixed with a gill of stock and very little milk. Stir till it boils, then strain and return to the stewpan to warm up ; adding a little salt, pepper, a few drops of anchovy essence, and a squeeze of lemon-juice. Morny sauce can be served with this instead of the above.

Truite Saumonée à la Norvégienne

Make an ornamental rice socle ; then place on it a layer of white aspic jelly well whipped ; place round on the jelly very small dariole moulds filled with aspic and ornamented on the top with peas and carrots, the carrots cut into pea-shapes. On the centre of the socle lay the trout boiled and skinned except tail and head, place strips of red, white, and blue jelly sideways across the trout ; on the head make a fleur-de-lis in yellow aspic cream and in the middle of the back a crown of same and a fleur-de-lis on the tail. Garnish with cut aspic. (See Plate V.)

Turban of Trout

Make a forcemeat of trout with aspic and cream, colour some green and some salmon colour, line a mould alternately with it, each layer about two inches

thick ; press it well against the sides, leaving a space in the middle. Fill this space with some cucumber cut in slices and soaked in mayonnaise in which there is plenty of aspic ; place it on ice, and when ready to turn out decorate it with little balls of lobster cream and cucumber cut in pea-shape round the base. (See Plate III.)

Turbot à la Grimaldi

Take three pounds of turbot and cut into cutlets of equal size. Fry the cutlets carefully in salad oil into which has been minced a very small quantity of parsley and onion. When cooked, arrange the cutlets *en couronne* and cover each with a sauce differing in taste and colour, such as Dutch green sauce, tomato sauce, white sauce, and yellow cream sauce.

Turbot à la Héloïse

Choose a thick chicken turbot, make an incision in the side as if you were going to divide the thickness like a pocket ; make a stuffing with chopped lobster and cream, a few drops of anchovy sauce, and a sprinkling of cayenne ; insert the stuffing in the incision. Then, after rubbing the outside with salt, put the fish into the fish-kettle, with sufficient boiling water to cover it. Let it boil up again, then draw the fish-kettle to one side to simmer very slowly till done. When done, drain it from the water, sprinkle

lobster coral over the white side, garnish with parsley and lemon, and serve iced lobster sauce in a tureen.

Turbot à la Mosaïque

Take three pounds of turbot or brill, cut it into small neat cutlets of equal size. Brown them in the best salad oil, in which put a *very* little minced parsley and onion. Great care and attention is required for the frying of the cutlets, as they require to be constantly turned till cooked.

When cooked, each cutlet is covered with a different sauce in taste and colour. This is a very pretty dish if the cutlets are tastefully arranged. It is best cold and garnished with pale aspic. The following sauces are best suited to serve with it :—

Sauce piquante (brown).

Dutch green sauce.

Tomato sauce.

Red caper sauce.

Yellow cream sauce.

Whiting à la Russe

Take in weight a pound of whiting without skin or bones, pound and pass through a sieve; take three parts of its weight in panada made with rice flour, a little salt, and a piece of butter. Pound it well in a mortar and add by degrees the pounded whiting and half a pound of butter, four yolks of eggs, and a little cayenne; work it all well together. Fill

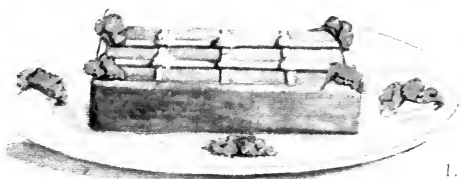
a buttered border mould with some of this and poach it in fish stock. Make small quenelles of the remainder of the forcemeat and poach them in salted water with the bones of the fish ; make an extract from two handfuls of mushroom trimmings and two glasses of sauterne and gradually add to it a pint of velouté sauce ; reduce all this and strain. Make a garnish composed of picked crayfish or prawns, button mushrooms, soft roes of herrings, and a few whole truffles ; when ready to serve, add either crayfish or lobster butter, which pour over the garnish and dish all up on the border of forcemeat, which mask over with the sauce, and arrange the halves of hard-boiled eggs round the cage. (See Plate V.)

ENTRÉES

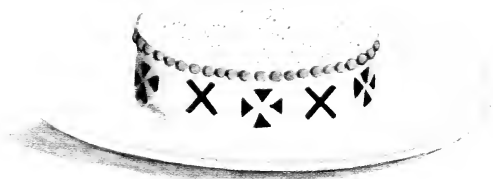
“Prepare then a feast,
And none of the least,
For we will be merry,” quoth he ’

Robin Hood

‘A feast must be without a fault,
And if ’tis not right ’tis naught’



1.



2.



3.



4.

1. Pressed Beef à la Cornwall.

2. Boudin à la Kaiser.

3. Chartreuse à la Alexandra.

4. Chafreuz à la Homburg.

ENTRÉES AND THEIR MODES OF COOKING

THE primary step in cooking is that everything should be scrupulously clean, and every cook should be persuaded to consider 'cleanliness the god of the kitchen.' The importance of clean saucepans and cooking utensils should be impressed on all cooks. And though I do not intend in this volume to give recipes for plain joints, yet the knowledge of the best way of roasting, boiling, frying, simmering, stewing, broiling, and baking is necessary to aid cooks in making dishes from the recipes I am giving, as they are the rudiments and foundation of all cookery.

For roasting, if the range is an open one, the first thing to do is to get up a clear fire, which should be kept up during the process; though great care must be taken when putting on fresh coals not to let any fall into the dripping-pan.

The dripping-pan should be placed under the meat before the meat is hung up, with a little good melted dripping all ready to begin basting with. Then hang the meat on the bottle-jack, the biggest part downwards. The joint must be placed close to the fire at first starting and basted with the hot fat; then after a quarter of an hour draw back the joint a little, but keep basting the meat—the more it is basted the better it will be. The average time for cooking beef

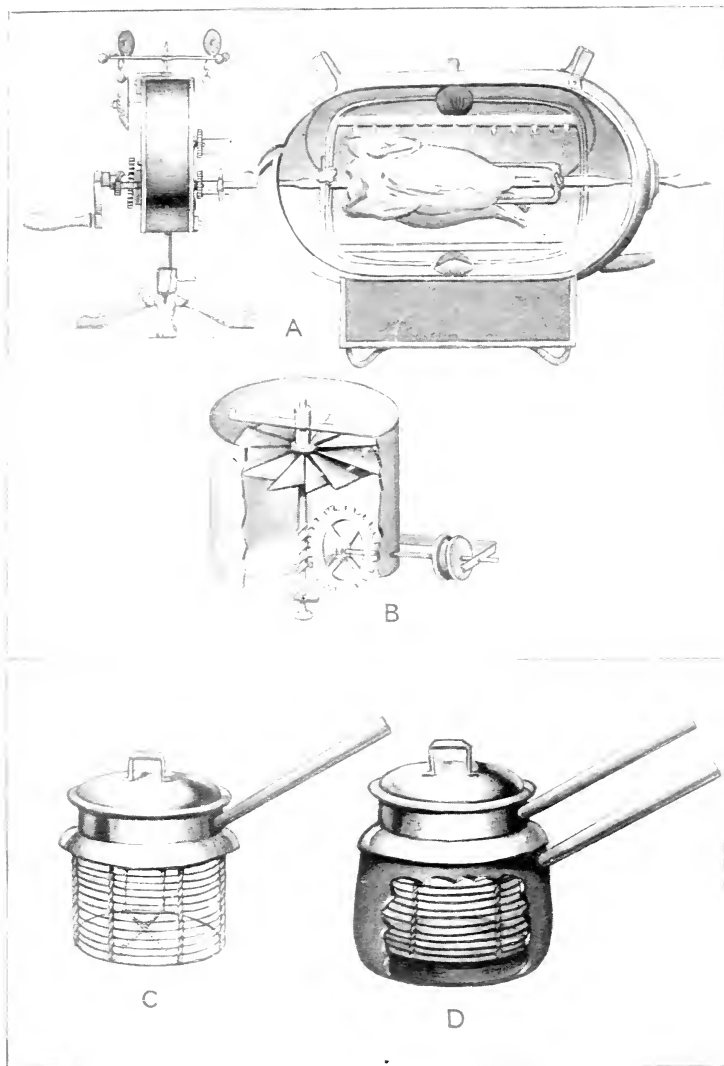
and mutton is fifteen minutes to every pound of meat. The smaller the joint or bird, the quicker it should be roasted. Lamb requires twenty minutes for each pound, pork and veal half an hour for each pound up to nine or ten pounds. The colour of the joint should be noticed ; if pale, put it nearer the fire.

The gravy must now be seen to. Leave the joint hanging and take up the dripping-pan and carefully pour over all the fat into a basin till the discoloured dregs are visible ; pour into the pan a pint of boiling water, and wash and rub with a spoon the dripping-pan in this liquid. Scrape all the brown specks into the water and then strain the whole through a fine strainer into a saucepan ; skim off all grease, and place the saucepan on the side of the fire to keep hot but not boil. Then the joint must be taken down and dished, and the gravy should be poured into the dish.

Game and poultry require a fierce and clear fire and constant basting.

Roasting in a close range has a little different treatment, and twenty minutes to the pound of meat should be allowed.

For this there should be a double dripping-pan, with hot water placed in the lower pan and the meat laid on a trivet in the upper one. Turn the wrong side upwards at first, turning it over when the meat is about half done. It should be placed on the hottest part of the oven for five minutes, so that the outside may harden and prevent the pieces going into the gravy. It should then be removed to the middle of the lower compartment of the oven if



A, Tournbroche à Fumée : B, Clockwork portion of above ;
C, Eureka Wire Saucepan-lining : D, When in use.

fairly hot, and be *thoroughly* basted. As soon as the outside is browned it should be covered with greased paper, which must be removed just before serving and the joint frothed in the usual way.

In cooking poultry or game in a close range, place them breast downwards in the pan, *not on the trivet*, and cover the breasts with dripping an inch thick and place a good-sized piece in their insides, as that will render them tender and succulent.

If meat is solid and without bone, it will take twenty minutes to the pound to roast. In summer it takes a little longer time than in winter, and frozen meat should be kept in a warm kitchen for three hours before it is roasted.

Whilst roasting, meat should be protected from a draught, and therefore a screen should be placed round it. Liberal basting makes all the difference. There is a scientifically constructed machine for roasting called the 'Royal Roaster,' which I can most confidently recommend. The principle is: the steam arising from whatever is being cooked is again absorbed into the food, and consequently this roaster is self-basting (see Plate II.). As there is no evaporation, no drying up, or burning, there will be no shrinkage or waste as with an open pan. After the roaster is put in the oven no attention is required—no watching, no basting or turning—it is most friendly to lazy cooks as well as a great help to every cook; is made in several sizes and is very inexpensive. For those persons who do not mind expense and like everything roasted in front of the fire, especially poultry and game, which I always insist on for

myself, the 'Tournebrotte à Fumée' is invaluable, an illustration of which is given. (See Plate VII.) It roasts and bastes at the same time; it is wound up by clockwork; the bird turns round and a spoon revolves and bastes. It is an admirable contrivance, but it is too expensive for most establishments, as the lowest price is 3*l.* some shillings. Anyone can see it at work at the Atmospheric Churn Company in Bond Street, and I often go and look at it from sheer envy, as I do not possess one.

The test of a joint being well cooked is that the steam draws to the fire.

Boiling.—To boil, the great factor is not to let the meat boil. When the water in a saucepan bubbles at the top and steams, it is boiling.

Simmering is keeping the water nearly boiling, little tiny bubbles every now and then coming up at the edges, and it should never be allowed to go beyond this state. In boiling mutton it should be put into fast boiling water and allowed to boil for five minutes to make the outside hard and to prevent the juices escaping. Just sufficient cold water should be added to reduce the temperature, and then brought again to the boil, and when on the point of boiling skimmed *carefully*, then drawn to the side of the stove and let simmer slowly.

The meat should only be just covered with water. Boiling time ought to be from a quarter of an hour to twenty minutes to the pound of meat from the time the water boils.

Bacon, pork, and ham should be put into cold water and brought gradually to simmering-point.

Turkeys, fowls, rabbits, &c., should be placed in warm water and then simmered.

Frying.—The first thing in frying is to have a very clear bright fire and to see that the frying-pan is *perfectly* clean. A deep frying-pan such as the 'Crown Fryer'¹ (see Plate II.); the bottom is made of asbestos, so that nothing can burn in it, and it has, as will be seen, a wire fryer inside, so that what is fried can be lifted out quickly. When fat is hissing in the pan, nothing should be put into it until it leaves off and *smokes*.

All things egg-and-bread-crumbed should be made two hours before being fried; stale bread should always be used for bread-crumbing. Meat should be frequently turned and the pan shaken during frying to promote evaporation of the watery components.

Everything fried should be drained the moment it is taken out of the pan; a wire sieve with a piece of blotting-paper placed over is the best drainer.

Stewing is the most economical and best mode of cookery if properly managed; it has this advantage, that pieces of meat which are in any way tough by stewing become tender and nutritious. The French are very much given to the use of the stewpan. In all good stewing the water should never be thrown away, as it contains nearly as much nutriment as the meat itself. To stew well, the meat should only be just covered with water; so many cooks object to its slow process, as, if properly cooked, it takes many hours and in some cases from one to two days.

¹ As the asbestos heats very quickly it is apt to get so hot, that when removed from the stove it should be placed on an iron stand.

The old-fashioned French country way of stewing is the acme of perfection. All the ingredients are placed in an earthenware jar, with a tight-fitting lid, with *very* little water. Then place it in the hot ashes of a wood fire, where it can be left for hours. I always stew in the Gourmet boilers, standing them in a saucepan of boiling water on the stove or in the oven, as the case may be. (See Plate XVII.)

Grilling and broiling is cooking over the top of a hot clear fire. The gridiron should be put close down to the fire, and gradually raised as cooking proceeds, to diminish the heat.

Broiled meat is more savoury than roast. The surface becomes charred, and a dark-coloured crust is formed, which delays the evaporation of the juices, and causes the meat to be as tender as roast, but it requires the most attentive cooking. The fire must not be too hot, or the meat would be scorched; but it must be quick and clear enough to brown the meat and prevent the gravy escaping. The gridiron must be perfectly *clean* and dry, and should be rubbed with dripping before it is heated at the fire.

No salt should be thrown over a chop till it is cooked, though it ought to be slightly peppered. Steaks and chops must be constantly turned whilst grilling to preserve the gravy.

Steaming is for delicate preparations. Whatever has to be steamed should be prepared as for boiling, then placed in the steamer, with the lid tightly closed, over a saucepan full of boiling water, kept boiling, and more water added as it boils away.

Braising is a process in which the meat and ingredients should be placed in a closed stewpan called a *brasière*, which is a pan with a cover made to hold live embers in, so that there is heat above as well as below. A few slices of fat bacon should be put at the bottom of the pan, and trimmings of veal or other meat, rinds of bacon, some vegetables, such as onions and carrots, cut into slices, a bouquet garni, &c., over which place what is to be braised, and then the lid closed hermetically so as to allow no steam to escape.

Stuffings, Forcemeats, &c.

These preparations, whether in the form of stuffing, forcemeats, or balls, make a considerable part of good cooking by the flavour they impart to whatever dish they are added to if properly compounded.

Exact rules for the quantities of which they are composed cannot easily be given, but the following remarks may be useful and practice will soon give the knowledge in mixing them to the taste.

According to what is required, the following list should be selected from, taking care that the most pungent articles must not be used in such quantity as the others. No one flavour should predominate, and if several dishes are served at the same time, there should be a marked variety in the taste of the forcemeat as well as in the gravies.

It should be consistent enough to eat with a knife but not dry nor heavy.

Force meat ingredients are :—

| Essential | Accessory |
|--|---------------------|
| Cold fowl or veal. | Oysters. |
| Scraped ham or tongue. | Anchovy. |
| Fat bacon. | Tarragon. |
| Beef suet. | Savoury. |
| Crumbs of bread. | Pennyroyal. |
| Parsley. | Knotted marjoram. |
| White pepper. | Thyme. |
| Salt. | Basil. |
| Nutmeg. | Yolks of hard eggs. |
| Yolk and white of eggs well beaten
to bind the mixture. | Garlic shalot. |
| | Chives and cloves. |

The first column contains the articles of which the forcemeat may be made without any striking flavour, and to those may be added some of the different ingredients from the second column to vary the taste.

A good forcemeat is made as follows :—Mince fine half a pound of veal or fowl previously cooked and four ounces of ham ; add one teacupful of grated bread and moisten with an egg, season with a little nutmeg, lemon, and white pepper.

Perhaps I have written too lengthily upon subjects which have been already described in other culinary works ; but to make entrées and savouries the knowledge of what I have written is most necessary, as they cannot be perfectly cooked without a thorough knowledge of the rudiments of cookery any more than any one can excel in art and science without rudimental knowledge, and the entrées' recipes here given cannot be successfully cooked without it.

Pressed Beef à la Cornwall

Take about eight to ten pounds of brisket of beef, cut it as nearly square as possible, bone it, and where the bone is taken out mix in two table-spoonfuls of brown sugar and one of salt and lay well in. Have ready a large stewpan, put the bones at the bottom of it with two shalots, two onions stuck with three cloves, three carrots, one turnip, two bay-leaves, a head of celery, and a bunch of sweet herbs. Lay the beef on the top, and just cover with water ; bring to the boil, and then let it simmer slowly for eight hours. When cooked, take it up and place it between two dishes, with a two-pound weight on it. When cold, trim it neatly all round, keeping it as square as possible. Glaze it, and decorate it with aspic jelly as in illustration. It is best to tie broad tape across the beef both ways before putting it into the pot, it is easier to lift out, and keeps it all together better. (See Plate VI.)

Fillets of Beef with Mushrooms

Take a piece of rump steak, cut it into rounds the size of a five-shilling piece three-quarters of an inch thick, and trim. Melt some butter in a baking-tin, lay the fillets in this, and let them stand in a warm place for an hour or two. Then take them out and fry them in very hot butter or good dripping, turning them so as to let both sides colour.

Make some Italian sauce, into which a little tomato ketchup and a liqueur-glass of sherry has been

added. Take half a pound of button mushrooms neatly trimmed and washed. Let the sauce cook till the mushrooms are done ; add the juice of half a lemon, pour the sauce on the dish, heap the mushrooms in the centre, and arrange the fillets round in a crown shape. Place on each cutlet a little pat of maître-d'hôtel butter.

Beefsteak Pudding

Make a paste with six ounces of chopped suet and three-quarters of a pound of flour, butter a pudding-basin, and line it with the suet. Rub the rump steak with a clove of garlic ; then cut it into small pieces, also a quarter of a pound of ox kidney. Put a good handful of flour on a board, well pepper and salt it, then roll *each* piece of steak and kidney in it ; add some stock, cover with paste, tie over with a buttered and floured cloth, and boil for four hours. A few oysters are a great improvement added to the pudding.

Boudin à la Kaiser

Take the flesh of a boiled chicken, remove all skin and gristle, and place it in a mortar. Have some good velouté sauce, and mix in with it pepper and salt to taste. Pound all well together, and rub through a fine wire sieve. Then put it back in the mortar and pour on half a pint of cream and half a pint of liquefied aspic. Blend all well together, then place it in a deep plain-border mould and put on ice.

Have some sweetbreads, blanch them and cut them into rounds the size of a five-shilling piece. Simmer them gently in a little Allemande sauce. Season them to taste, put them between two plates to flatten them. When cold, mask them thickly with pink aspic cream, trim them neatly, and alternately ornament with little dots of truffle and white of egg.

Turn the chicken boudin out of the border, fill the interior with small salad or a tomato salad, place the pink breads all over the top, and have some peas which have been coated on one side with aspic and place them in a line round where the breads and chicken join.

The outside of the chicken border can be ornamented with truffle if wished. (See Plate VI.)

Ballettes à la Buller

Take two sets of calves' brains that have been well cleansed and all skin and fibre removed. Mince them roughly and cook them in Suprême sauce in which a few chopped truffles and pistachio kernels have been mixed. Let the mixture get quite cold. Have ready some aspic jelly, portions of which must be coloured differently, red, pink, yellow, blue, brown, white, orange. Line thickly some ball moulds with a different coloured jelly in each, and when firm fill up with the brain mixture, place on ice, and when properly frozen turn out and arrange *en pyramide*. Garnish with pale aspic and chervil sprays.

Calves' Brains à l'Épicure

Soak the brains in vinegar and water and put in a little piece of thyme. Fry some round pieces of bread. Place some of the brains, after draining them, on each piece of fried bread, make a little hole in each piece of brain and place a piece of red tongue in each. Pour black butter over and serve. The black butter is made by taking one ounce of butter and melting it in a frying-pan till it turns a rich brown colour, then add half a teaspoonful of chopped capers, half a teaspoonful of Harvey's sauce, and the same quantity of mushroom ketchup and a little pepper. This can be used thickened if preferred.

Calves' Feet à l'Italia

Take some calves' feet, bone them as far as the joint. Put them into warm water to wash away the blood, then blanch them thoroughly and let them cool, then stew them in a blanc made as follows:—Half a pound of suet and half a pound of fat bacon cut into dice, a quarter of a pound of butter, the juice of half a lemon, one onion, a bouquet garni, and water enough to cover them. When the feet are done, drain and serve them very hot, well masked with a rich parsley and butter sauce.

Calf's-head Fritters

Cut some neat slices from a cold calf's head. Mask them with a batter in which has been put two

table-spoonfuls of tomato sauce. Fry a pale golden colour, dish up *en pyramide*, sprinkle coralline pepper, and garnish with fried parsley and tiny brain-balls.

Chartreuse à la Alexandra

Chop up some tomatoes finely, flavour with a bead of garlic and a shalot, which have been rubbed through a sieve. Add half a pint of whipped aspic jelly and the same quantity of mayonnaise sauce.

Have some hard-boiled eggs, the yolks and whites separately, stamped in rounds. Take a plain round mould and mask it with pale aspic, then arrange the rounds of egg into tiers, yellow and white alternately, till the mould is full. Here and there place a leaf of chervil. Put on the ice till set, then fill up the mould with the tomato mixture. Place again on ice till it is wanted, then turn out and decorate with small salad mixed with mayonnaise round. Arrange small cherry tomatoes round the top and sprinkle with finely chopped parsley. (See Plate VI.)

Chartreuse à l'Echec

Take a plain round mould and chemise it with pale aspic jelly, then cut some truffles into *thin* half-inch squares ; also make some cream aspic and cut into squares exactly the same size as the truffle squares. Arrange these squares with a little aspic jelly alternately round the mould, as in Plate. Decorate the top according to the illustration. Take a terrine of pâté-

de-foie-gras, scraping off all the fat, and mask it all over with a Ravigote sauce thickened with aspic jelly. Put the foie-gras into the mould, fill up with pale *savoury* aspic jelly, place on ice for two or three hours, then turn out and garnish with clumps of whipped aspic.

When truffles are found to be too expensive, the black square can be made of aspic cream coloured with Indian soy. (See Plate IX.)

Chartreuse de Homard à la Randolph

Line a chartreuse mould with aspic jelly very thinly. Make equal parts of tomato aspic and white aspic mixed with cream; cut them into squares an inch square or stamp out in rounds the size of a florin; place them alternately at the bottom of the mould with a little aspic, and, when set, place more of the squares or rounds alternately round the mould, fixing with a little more aspic, then put on ice to set. When thoroughly firm, fill up the interior of the mould with lobster cut up small and mixed with Devonshire cream, a little cayenne, and a few drops of anchovy sauce, also a little liquefied aspic. The mould should be thoroughly iced and then turned out; sprinkle lobster coral over the top. Make some green butter, draw it through a dairy cloth to give it a curled appearance, and place it in little groups at equal distances round the edge of the top with a croûton of aspic in between each, and in the centre place a little piece of beetroot with three prawns placed on it; but the prawns must be so arranged that the beetroot is

not visible, a few chervil sprays should be put into the interstices.

Chaufroid à la Homburg

Take a dozen sandwich moulds, line them thinly with pale aspic, stamp out some truffles with spade and club cutters, also stamp out some red aspic in the shape of diamonds and hearts ; arrange three with diamonds, three with hearts, three with clubs, and three with spades, some with five pips, some two, &c., according to fancy. Make some white aspic cream and mask the moulds with it. Then have ready some veal cream and fill the moulds with it ; place on ice and turn out. Make some ham cream, colour it with cochineal, and put it in a fancy border mould ; put on ice, then turn out. Place in the centre of the ham border a Russian salad and stand the cards all round, fill in all the interstices with aspic jelly ; cover the top of the salad with some curled anchovies here and there, sprinkled with chopped aspic. The salad should be well covered with green mayonnaise. (See Plate VI.)

Croquettes à la Rhodes

Get a bottle of prepared cockscombs, warm them up in Béchamel sauce. When cold, cut them into very neat small pieces and mix in some minced truffles ; add some more sauce in which some cream has been mixed, and a tea-spoonful of Madeira.

Have ready some puff paste, stamp it out in pieces

about four inches square, place a small spoonful of the mixture in the centre of each, moisten the edges and fold over; press them gently to make them adhere, and with the paste-cutter round off the edges, giving them a half-oval shape. Dip each croquette into egg seasoned with salt and pepper, then roll in bruised vermicelli; fry in boiling fat. Dish up *en pyramide*; garnish with fried parsley.

Cutlets à la Fridalla

(Côtelettes à la Fridalla)

Take equal parts of ready boiled Spanish onions and potatoes and pass them through a sieve, then put them into a saucepan with a large piece of butter, and season with salt and plenty of black pepper; add a little milk or cream; stir well, and as soon as the mixture is quite hot pile it up on a dish within a circle of broiled or sautéed mutton cutlet.

Deville Chicken à la Dante

Take the pinions, breasts and legs, and gizzard, sprinkle them with cayenne pepper and salt. Melt an ounce of butter in a saucepan, add a small tea-spoonful of mustard, a dessert-spoonful of mushroom ketchup, a piece of garlic well bruised and cut up, also a dessert-spoonful of Worcester sauce. Make it all hot. Well score the chicken, butter well, broil it, and lay on the sauce, putting it well into the scores; give it one more broil up and serve.

Dressed Tongue

Boil a nice ox tongue for three hours, and when done take off the skin and shape it well by placing the root against some fixture and running a fork through the middle of the thin part into the board upon which it stands. When the tongue is cold, trim and glaze it lightly, and ornament with savoury jelly in two shades of colour. A pretty way is to place a strip of pale aspic about an inch and a half wide down the centre and put little cross-bars of paler jelly over that, and on either side of the wide piece of jelly place little pink rosettes, made of cream and aspic coloured with a little carmine. These can be put on with a forcer or squeezed through a butter cloth.

Chopped aspic and croûtons of the same should garnish all round. (See Plate VIII.)

Ecrevisses à la Parisienne

Butter some crayfish moulds and line them with salmon forcemeat; fill in the interior some sliced crayfish mixed with a little Allemande sauce. When the moulds are full poach them and serve them up with Cardinal sauce.

Foie-gras Fritters

Make some good batter, and take a tin of Philippe's pâté-de-foie-gras, and cut out some of the contents

into slices about half an inch thick by one and a half long.

Season with salt, lemon-juice, and a dust of cayenne. Dip the slices of foie-gras into the boiling batter, and, when crisp, drain and dish them up with a little champagne sauce.

Kari en Surprise

Take some plain dariole moulds, mask them thinly with pale aspic, then line them with some cooked Patna rice to the thickness of a quarter of an inch ; stand on ice, then fill in with curried shrimps, into which a little aspic has been mixed ; stand again on ice, then turn out and decorate with red chillies minced finely and sprinkled on the top. Serve on a border of aspic jelly coloured carmine or pink.

Kidneys à la Apicius

After skinning the kidneys split them into halves, place them in a sauté-pan with some boiling butter, some finely chopped onion and mushrooms, and a dessert-spoonful of lemon-juice. Sauté them till all are cooked, shaking them well. Have ready some bouche moulds and line them with some mushroom forcemeat, place half a kidney in each, cover with more forcemeat, and steam them for twenty minutes. Turn them out on croûtons of fried bread. Boil up the sauce and pour over all.

Kidneys à la Belle Vue

Take three sheep's kidneys, mince and fry them in butter ; fry in the same butter some flour till it *slightly* browns. Add a clove of garlic, a table-spoonful of minced parsley, an onion, and a bay-leaf. When fried, pass through a sieve and give another turn over the fire, adding a glass of Sauterne. Sprinkle a little pepper over. Place this on some toast, and have ready some poached eggs according to the number required.

Kidney Fritters

Make a breakfast-cupful of nice frying batter, and stir in a table-spoonful of finely minced onion, a tea-spoonful of mixed herbs, and a small pinch of cayenne. Take half a dozen sheep's kidneys, remove the skin, and cut each one into three or four slices ; season these with a little salt, let them soak for ten minutes in either Worcester sauce or port wine, then dip them into the batter—which ought to be thick enough to stick to the meat—and fry in boiling fat till sufficiently cooked and coloured a nice brown ; drain well, and serve piled up with a little parsley powdered over the top and a few sprigs of parsley placed round about.

Stewed Kidneys and Mushrooms

Skin some kidneys, slice them small ; and peel some mushrooms, trim them, and chop them up

roughly. Put the kidneys into a Gourmet Boila with pepper, salt, a dredging of flour, and a good-sized piece of butter and a little stock. Let them simmer till getting tender, then add the mushrooms, and let all cook slowly till done. Add half a glass of port wine, a few drops of Worcester sauce, and some chopped parsley. It will take about an hour or an hour and a half to simmer. Serve them in an entrée dish with a purée of potato forced into little pyramids all round with a forcing pipe. (See Plate VIII.)

Breast of Lamb à la Grecque

Take the breasts of two lambs, bone them ; make an incision in the thicker end and fill with a farce made of one part veal suet, a little mint and parsley, pepper and salt to taste, and two yolks of eggs. Have ready a little pale stock well flavoured with vegetables and a little Marsala ; cover with buttered paper, and cook in the oven for an hour, well basting constantly. When cooked, take up the meat, skim off fat, and reduce the gravy one half.

Serve with a purée of spinach or green peas round, and ornament with slices of stewed cucumber.

Jambonneaux de Poulet à la Florentine

Make a socle with yellow balls all round, made of yolk of egg in aspic jelly, the jelly coloured with saffron yellow colouring. Little ham moulds must be

filled with chicken cream, but before putting in the cream the moulds should be masked with brown aspic towards the knuckle, and the other part white aspic cream ; place little aigrette skewers where the bones ought to go. The socle should be made in three tiers, and the cutlets placed round on each ; make a mound of green peas in aspic, and place a hâtelet in the middle piercing a truffle.

Cutlets à la General

Take some lamb, mince it finely, pass it through a sieve with some mint aspic cream, minced truffles, and Allemande sauce. Line some cutlet moulds with aspic jelly, decorating them with truffles, &c., as in Plate. When set, have ready some pink and white aspic ; place pink on one half and leave on ice, and when set put white aspic on the other half. When set, put in the lamb mince. Decorate them with little paper hâtelets ; arrange them *en couronne*, with peas glazed with green aspic in the centre. (See Plate IX.)

Côtelettes à la Rouge et Noir

Take some veal forcemeat made with cooked veal chopped very fine, mixed with ham also minced very fine ; grate some pistachio kernels, pound all together in a mortar with some nicely flavoured white sauce, then pass all through a sieve and add a gill of stiffly whipped cream and half a pint of pale liquid aspic

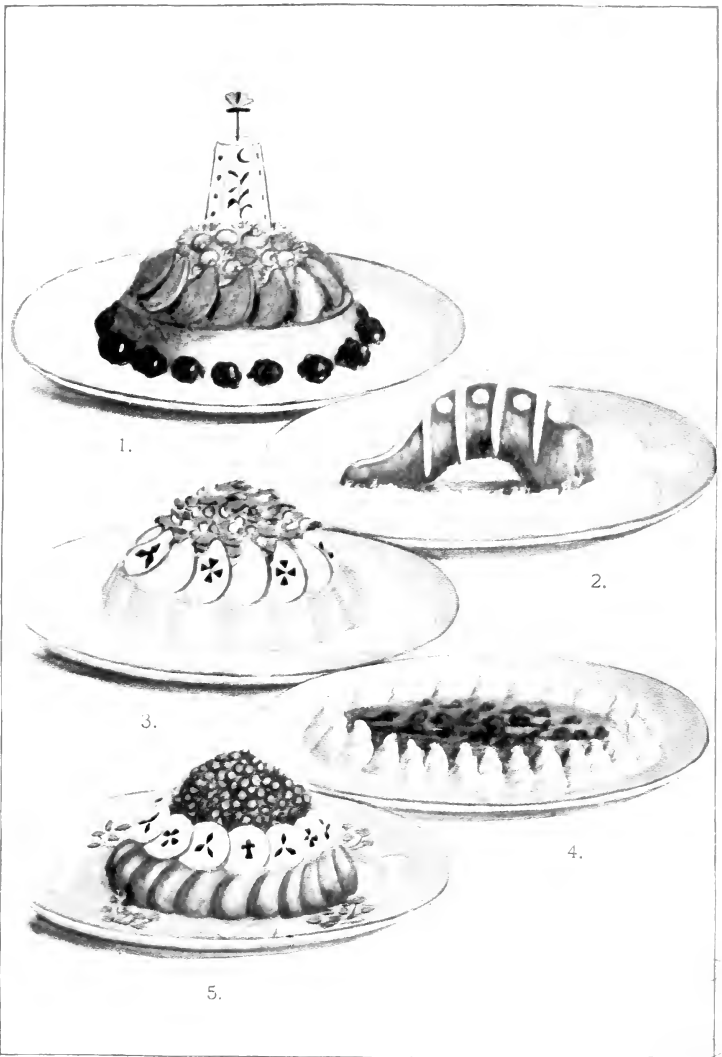
and place on ice. When cold, line some cutlet moulds with tomato aspic jelly, ornamenting them first with little designs in truffle. When firm, put in the veal forcemeat; put on ice again till the dish is wanted; arrange on a rice socle iced, and put a water-cress salad in the centre. (See Plate V.)

Lamb Cutlets Financière

Take some neck cutlets of lamb, pepper and salt them, and sprinkle on them a little finely-powdered mint; fry them; then drain and glaze them. Place them round a croustade with a little paper skewer in each; then fill in with Financière ragoût; place a hâtelet skewer mould on the top, the mould to be filled with truffled cream of sweetbread, placing a cockscomb on the top with the hâtelet skewer. Cut some truffles into the shape of balls and put one between each cutlet. Serve Financière sauce with it. (See Plate VIII.)

Liver and Bacon à la Bourgeoise

Cut some calf's liver into neat slices, sprinkle it with pepper and salt, and parsley chopped fine. Put a good-sized piece of butter in the stewpan with a shalot, which let remain on the melted butter for ten minutes, then remove it and place in the slices of liver. Put the pan on the fire and let it cook very slowly for an hour. Take some *good* gravy and put it into the pan with the gravy from the liver, and let it boil



1. Lamb Cutlets à la Financière.

2. Dressed Tongue.

3. Cutlets à la Pompadour.

4. Kidneys stewed with Mushrooms.

5. Veal Cutlets à la Dundonald.

up ; then arrange the liver *en couronne*, pour the sauce over, and place rolls of bacon between every two slices.

Lucullus Patties

Line some patty pans with good puff paste. Take a large truffle and three mushrooms and mince them finely with the yolks of four hard-boiled eggs cut into dice, with a little salt and pepper. Add a tablespoonful of thick cream and put a portion into each patty. Place the cover on the top and press the edges firmly together, then bake for about fifteen to twenty minutes in a tolerably brisk oven.

Medallions à la Diana

Take as many target moulds¹ as required, line them with aspic jelly in different colours, outer row green, next row white, next red, the fourth blue, and the centre gold colour, in which a fragment of gold leaf has been whisked ; set on ice ; when set, fill the moulds with chicken, veal, game, or lobster cream. Brush over with liquefied aspic and place on ice again ; when properly set turn them out and arrange them *en couronné* on a pale green aspic socle. Fill in the interstices with whipped aspic, and in the centre fill in with a verte mayonnaise salad.

This dish may be also made with coloured creams or jellies, giving a different flavour to each colour.

¹ These moulds are only procurable at Temple & Crookes, Motcomb St., S.W.

In the centre there should be whipped cream sprinkled over with grated pistachio kernels. (See Plate X.)

Mélange à l'Empire

Make some stiff jelly, and, if moulds in the shape of cushions are to be had, fill the moulds with them; the jelly must be mixed with cream. I have no moulds, so I cut the jelly into cushion shapes and force on to the edges with a pipe line of golden colour jelly and make the tassels of the same. It is troublesome to do, but it makes a characteristic dish at a military supper or luncheon. One large cushion can be made or half a dozen smaller ones. Stand on the top of the cushion a crown. Take a crown mould and fill the inner part with red jelly, and where the jewels ought to be put in red, green, and white jelly to imitate stones and fill in all the remaining part with yellow jelly. At each corner of the cushion place lions made in orange jelly. Moulds in the shape of lions are to be obtained. Two little union jacks (paper ones) can be placed at the back of the crown. (See Plate X.)

Milanese Frivolités

Boil half a pound of macaroni till tender, butter some pretty little moulds, and line them with the macaroni placed in rounds. Mince some cooked chickens' livers, a little foie-gras, three or four oysters ;

season with pepper, salt, and a dust of cayenne. Add some velouté sauce in sufficient quantity to make a stiffish paste. Fill the moulds with this mixture and steam for forty-five minutes ; turn out and arrange in a circle. Garnish the top of one with chopped parsley, another with grated tongue, another with the hard-boiled yolk of an egg, and another with the hard-boiled white ; sprinkle chopped pistachio kernels over all. Serve a lemon sauce in a saucetureen.

Mutton Cutlets à la Pompadour

(Côtelettes de Mouton à la Pompadour)

Take some mutton cutlets, sauté or braise them in stock with vegetables in it very carefully. Take some tomato sauce and an equal part of aspic jelly ; mix well together, and when nearly cold mask the cutlets with it, and if necessary let them stand on ice till cold. Ornament the cutlets with alternately truffles and hard whites of eggs cut into the shape of kites and crescents, and lay them all one way, Serve in the centre a macédoine of vegetables with mayonnaise sauce, and garnish with finely cut aspic and small tomatoes round. (See Plate VIII.)

Mutton Cutlets à la Siegfried

Trim a dozen mutton cutlets, cutting the bones short and freeing them from meat, fat, and gristle ; season with salt and pepper and fry them in clarified

butter a delicate brown. Drain and dish them round a croustade, placing a truffle between each. Fill the croustade with cockscombs, the centre with truffles, lambstones, truffles and mushrooms which have been warmed up in Espagnole sauce.

Mutton Cutlets à la Tintara

Trim some neck cutlets and then soak them in a marinade of Tintara claret (Australian), a shalot, a small piece of garlic, two cloves, and pepper and salt to taste. Let them soak for a day and a half, then take the marinade, put it into a saucepan with some champignons and truffles. When the mushrooms are soft they are done. Strain the liquor, and when cold mix in a little flour and butter, and boil up. Broil the cutlets, arrange them *en couronne*, place the mushrooms and truffles in the centre, and pour the sauce over all.

Oriental Patties

(Tartelettes à l'Orient)

Line some small patty-pans with good paste very thinly, and fill them with barley (so that they may be kept hollow), and bake them for ten minutes ; then take out the barley. Skin two dozen prawns. Take one and a half ounce of butter, melt it ; fry a shalot, and add half a tea-spoonful of flour, one tea spoonful of curry paste, and the juice from a small lemon and

a little cayenne. Cook this mixture over the fire ; then stiffly fill the cases with it, and have ready half a gill of cream, stiffly flavoured with anchovy, and place on the top ; sprinkle with coralline pepper.

Medallions of Pork à la Berlin

Chop up finely some pork, either cooked or raw, have ready a little cream sauce, mix with it a little powdered sage and some very finely chopped onion, pepper and salt to taste. Take some medallion moulds and put in the mixture. Poach them in good stock. Turn them out on a border of apple sauce arranged *en couronne* ; serve tomatoes in the middle.

This dish can be eaten cold if the moulds have been lined with aspic and aspic jelly mixed into the sauce ; the pork then must have been cooked ; instead of poaching, put the moulds on ice, turn and serve on an aspic border, and fill the centre with whipped tomato aspic. (See Plate XIV.)

Pork Croquettes

Mince some pork, lean and fat together, with a very small piece of sage and a small piece of onion finely minced. Make some sauce Robert and mix in with the pork, and cook all together. When done, leave to get cold ; then roll into balls ; dust them over with flour. Then egg-and-breadcrumb and fry in the usual manner. Pepper and salt and a soupçon of dried mint should be mixed in the crumbs.

Pork Cutlets à la Gourmet

Take a piece of neck of pork and cut it into neat cutlets. Cook them, and put them under a weight to flatten them. Mask them in apple sauce in which aspic and whipped cream have been mixed, and place on ice ; arrange them on a border made of potatoes, onions, and sweet herbs, pepper and salt, a little liquefied aspic jelly, and a table-spoonful of cream.

In the centre place some iced tomato cream cut out into little rounds or squares the size of dice, whichever is preferred.

Pork Cutlets au Roi

Cut a piece of the neck of pork into nicely trimmed cutlets, season and mask them on one side with a forcemeat of sage, onion, and sweet herbs, pour a little clarified butter over them. Put the unmasked side in a pan, and sauté them. When cooked, put the forcemeat well on to them and pour a little tomato purée over them, and just put them in the pan again for a minute or two. Dish them up on a potato border, and serve apple sauce in the centre mixed with cream.

This dish can be made cold ; putting aspic into the tomato purée, and masking the cutlets with them. Dish them up *en couronne* on a border of whipped red aspic, and fill the centre with apple sauce mixed with whipped cream.

Iced Prawn Curry

(Kari Glacé aux Crevettes)

Take four ounces of butter; put it into a saucepan, and slice into it two onions. Fry them till brown over a slow fire, then remove the onions into another dish. Have the prawns picked, and rub one and a half table-spoonful of curry powder over them, put them into the melted butter, and stew over a slow fire until the meat becomes a light brown. Add as much mutton gravy as will cover the prawns; season with a little salt, then stew over a slow fire, and when the gravy has become thick add a coffee-cupful of cocoa-nut milk or cream and the juice of a lemon, half a pint of aspic jelly, and a gill of whipped cream. Mix the whole together. Garlic or green ginger may be added according to taste. A dessert-spoonful of sweet chutnee is an improvement. Put on ice till cold; have ready some boiled Patna rice which has been put into a border mould, and put on ice; turn out, and place the curry on the top; sprinkle pink aspic jelly over all when dished.

Quenelles de Volaille à la Merveille

Pound a chicken, pass through a fine sieve, and add half a pint of cream and a spoonful of Suprême sauce; season to taste. Boil four eggs hard, pound the yolks with a fourth part of their volume of butter and a spoonful of Suprême sauce, pass through

a sieve, season with salt and pepper, then a large spoonful of very finely chopped ham, and allow it to get cool. Take egg-moulds, butter and line them with the chicken, then place in the centre a small ball of the egg mixture to represent the yolk. Close the two parts of the mould, place them in a sauté pan, cover them with boiling water and let them poach, then turn them out, and dress the eggs on a border of spinach ; hand *Suprême* sauce with them.

Messrs. Jones of Down Street, Piccadilly, keep these moulds.

Ragoût of Lamb-tails

Take six or eight lamb-tails and boil them in a quart of water to which half a pint of Marsala has been added, cut them into neat pieces and then brown a little butter, and put the tails in with a gill of good stock, two anchovies, one shallot, a mustard-spoonful of mustard, and a squeeze of lemon ; pepper and salt to taste. Stew these together, then strain off, keeping only the lamb-tails, thicken the gravy with a little butter and flour, add a little colouring, and serve garnished with dried barberries.

Rissoles of Cockscombs and Truffles

(*Croquettes de Crêtes de Coq aux Truffes*)

Scald and clean a dozen large cockscombs, boil them in thin white sauce. When nearly cold, cut

them into dice and mix them with chopped truffles which have been boiled in sherry, and moisten with the white sauce.

Roll out some puff paste, cut into pieces about four inches in diameter, bake for a few minutes so as to brown them on one side, lay a spoonful of the cockscomb and truffles in the centre of each piece of paste, moisten the edges with egg; fold them together and press gently to make them stick, dip each rissole into beaten egg seasoned with salt and pepper; fry in boiling fat. Dish up in a pyramid and garnish with fried parsley.

Sheep's Brains Roasted

Prepare the brains by soaking in cold water with a little salt for half an hour, remove the caul or skin which envelops them very gently, leave them in fresh water a little longer; they should be simmered in about a pint of water, seasoned with a table-spoonful of vinegar, a clove of garlic, bay-leaf, thyme, and half a tea-spoonful of sugar, pepper, and salt. When the brains are done, drain and *dry* them, cut each one in half lengthways, brush over with yolk of egg and roll them in fine bread-crumbs seasoned with minced parsley, then sprinkle them with clarified butter and bread-crumbs again. Put each piece of brain on a small slice of bacon, place them in a baking-dish, and set them in a well-heated oven for about half an hour, basting occasionally. When nicely browned lay the slices of bacon on toast, put the brains on the

top of the bacon and serve with tomato sauce in a tureen.

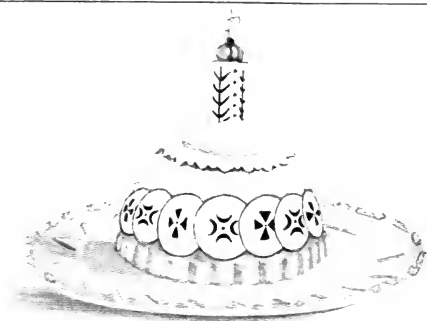
Swans à la Henley

Take some swan-moulds and line them with the palest aspic jelly, then make some veal cream in the same way as for chicken cream, but putting into the cream half a pint of pale aspic. Colour a little of the cream yellow with apricot yellow, and fill in the beaks with it. Cut a tiny piece of truffle, and place at the end of the beak, joining the head, a small piece of truffle for the eye ; put on ice, and when the aspic, &c., is well frozen, fill up the moulds with the veal cream, close the moulds and fasten them together tightly and put on ice ; the necks must be made extra stiff. Have ready some pale aspic jelly, and place it on the silver dish ; it must be very even, so as to resemble water. Turn the swans out and arrange them on the jelly as if swimming. Cut out some of the jelly, which must be coloured yellow, into the shape of water-lilies, and some leaves in green jelly, and place about here and there in clumps. Arrange parsley stalks like rushes ; a little gelatine will make them adhere and stand upright. (See Plate IX.)

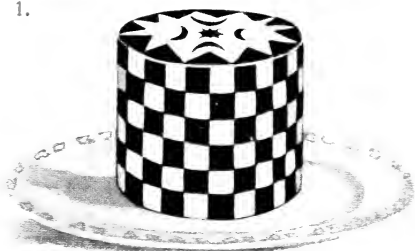
Sweetbreads à la Suprême

(Ris de Veau à la Suprême)

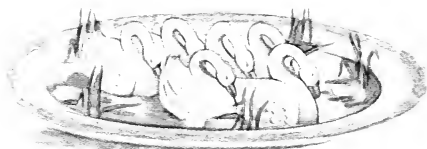
Take two plump sweetbreads, put them into salt and water and bring them to the boil, and put



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1. Medallions of Chicken à la Audrey.

2. Chartreuse à l'Echec.

3. Swans à la Henley.

4. Cutlets à la General.

them between two plates to flatten them ; cut off all the gristle underneath ; then cut them into rounds the size of a crown piece, cook them in half a pint of good stock, with some carrot and turnip cut small. Bring them to the boil, then simmer for twenty minutes ; when done, drain and dish them up in a potato border, and pour on a white mushroom sauce the bottled button mushrooms should be used.

Timbale of Macaroni

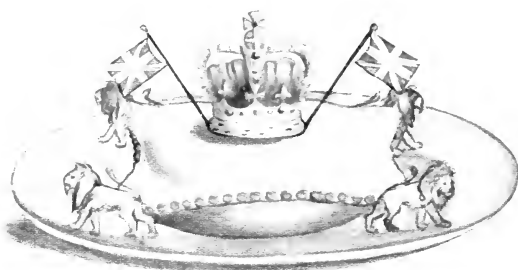
Take half a pound of Naples macaroni, boil it till quite soft, drain it on a cloth, cut it in pieces half an inch long ; well butter a plain mould, line it with buttered paper, place in the macaroni endways so as to give the appearance of honeycomb when turned out. Make a paste by putting a gill of water, a small piece of butter, and a little salt into a stewpan to boil. When boiling, throw into it a table-spoonful of flour, leave it a few minutes, then stir in one egg, and turn it out on a plate till wanted. Take a pound of veal cutlet or any meat or poultry, pound the meat in a mortar, and add to it half the quantity of paste and a quarter of the quantity in butter, with salt, pepper, and a sprinkling of lemon-peel and cayenne and parsley. Mix all together, add one egg and three yolks, pass through a wire sieve, stir in a gill of white sauce, place it in the mould and steam for half an hour. Serve with truffle sauce. (See Plate X.)

Tornedos à la Natal

Take a fillet of beef, and cut into rounds the size of a five-shilling piece and one inch thick ; see that they are all the same size. Make some croûtons of fried bread just a size larger than the little fillets. Scoop out the centre to the size of a shilling and within a quarter of an inch of the bottom, which fill with a thick Ravigote sauce. Cook the fillets in oiled butter and season them with pepper and salt. When cooked, place the tornedos on each croûton, lay a slice of foie-gras on the top of each, and above that a thick slice of truffle. Surround them with a sauce made as follows. Cut a carrot small, onion and shalot into slices, add to which a slice of fat ham, cut small two cloves, a sprig of lemon thyme, and parsley, pepper and salt, fry all these in a rich Espagnole sauce, into which a table-spoonful of tomato conserve has been added ; let all simmer for half an hour, strain and add a tea-spoonful of Marsala and serve *en couronne*, with Financière of truffles and cocks-combs in the centre dressed with silver hâtelets.

Torpedoes

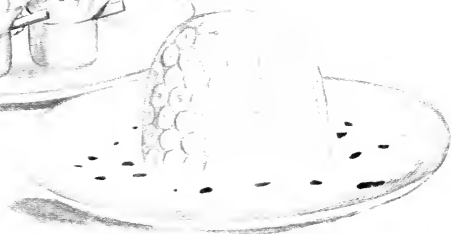
Cut up three ounces of cold chicken and two ounces of cooked ham and two hard-boiled eggs into dice. Mix them with a gill of rich white sauce, stir in also some truffle peelings, a few pistachio kernels cut in half, salt and pepper to taste, and a tea-spoonful of lemon juice. Whip a gill of cream



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2.



3.



4.

1. Mélange à l'Empire.
2. Torpedos.

3. Timbale of Macaroni.
4. Medallions à la Diana.

till very stiff, and stir lightly into the other ingredients. Fill small ramequin cases with the mixture, and decorate the top of each with chopped truffle, the yolk of egg passed through the sieve, or with coralline pepper.

If the little silver saucepans to hold ramequin cases are handy, the appearance of the dish is much improved.

Truffle peelings can be bought already chopped. (See Plate IX.)

Sweetbreads à la Potosi

Take a pair of sweetbreads, blanch them and piqué them with strips of truffle ; then place them in a braising-pan with a slice of fat ham, a carrot, and a turnip ; add some nicely flavoured pale stock, and cook them slowly.

Have ready a plain round mould, well buttered, and arrange round the sides of it pieces of carrot and turnip cut into rounds the size of a florin, which have been cooked in salted water and left to get cold and firm. Fill up all the interstices with potato purée in which an egg has been mixed. Cover with buttered paper, and poach in a stewpan for half an hour ; then turn it out on to the dish it is to be served on, and fill the centre with cooked button mushrooms in white sauce. Dish the sweetbreads up on the top in a triangular form, place a tomato on the top decorated with a silver hâtelet and a whole truffle. Serve tomato sauce with it.

Veal Cutlets à l'Andalouse

Take a pound and a half of veal cutlets. Cut into rounds the size of five-shilling pieces, and put them into a stewpan with some nicely flavoured pale stock. Simmer them till cooked, having first seasoned them with pepper and salt. They will take about one hour. Make in readiness some brown sauce from good stock, flour and butter. Season with salt and pepper, and flavour with a pint of sherry. Add then some very small tomatoes (gooseberry tomatoes); simmer for ten minutes. When the cutlets are to be served, dish them in a round, one overlapping the other. Fry some very small and thin slices of bacon, roll them, and place one on each cutlet. Fill in the centre with the tomatoes, and serve quickly and hot.

Veal Cutlets à la Clothilde

Take about two pounds of veal cutlet, cut it into rounds the size of a five-shilling piece, make a slit on one side, and cut each cutlet open half-way across so as to make a pocket. Have ready a forcemeat composed of minced ham, truffles, champignons, one shalot minced, and a piece of butter. Moisten with the yolk of an egg. Put some of this forcemeat into the pocket of each cutlet. Egg and bread-crumbs the cutlets, mixing in the bread-crumbs pepper, salt, a little chopped parsley, and a soupçon of lemon-peel grated. Place the cutlets in a stewpan, and fry them to a nice golden colour. Make a gravy with

good highly flavoured stock, thickened with butter and flour. Add some truffle peelings and a wine-glass of sherry, and pour over. A purée of mushrooms is sometimes sent up with them.

Veal Cutlets à la Donna Anna

These cutlets are prepared and made like veal cutlets à la Clothilde, except that in the pockets of each a tomato stuffing is inserted, made by chopping up tomatoes, a bead of garlic, a red chilli, and a little cream (the tomatoes must be passed through a sieve); the stuffing must not be too moist.

The cutlets must then be cooked with egg and savoury bread-crumbs, and tomato sauce served round. A purée of ham and cream should be served in the centre.

Veal Cutlets à la Dundonald

Cut out some veal cutlet into rounds the size of a four-shilling piece. Have ready some truffles, larding bacon, and a few slices of tongue. Cut them into half-inch lengths and one-eighth of an inch wide, and lard alternately six pieces of each into the centre of the cutlet. Then place them in a stewpan with one onion, a small piece of garlic, a carrot, turnip, a little celery, a bouquet garni, and a bay-leaf. Cover them with veal broth, and let them simmer for an hour; then let them remain in the stock till next day. When required, take som pale

liquefied aspic jelly and glaze the cutlets with it. Dish up *en couronne* alternately with little rounds of ham of same size as veal dipped in aspic, on a border of mushroom jelly (which is made of aspic and a purée of mushrooms). Garnish with peas in the centre which have been cooked in two table-spoonfuls of aspic jelly. Place little croûtons of pink aspic round the dish. (See Plate VIII.)

Veal Cutlets à la Heinz

Cut some veal cutlet into rounds the size of a five-shilling piece. Have ready some fine bread-crumbs, into which mix pepper and salt to taste, a little minced parsley, thyme, and a soupçon of grated lemon-peel. Dip the cutlets in egg, and then crumb them. Take one of Heinz's tins of baked beans, warm them up, and pile them up in the centre of the dish. Arrange the cutlets round, with a piece of fried and rolled bacon in between each. Pour a little tomato sauce over all, and serve very hot.

Vol-au-Vent of Lamb Sweetbreads en Blanquette

Make a vol-au-vent case, or a few small vol-au-vent cases. Steep some lamb sweetbreads in cold water, bleach, drain, and chop them ; cook them in white braise, drain, and cut them into scallops ; mix them in some velouté sauce, and fill the inside of the vol-au-vent with the sweetbreads

Crème de Veau à la General

Make some forcemeat with veal or chicken, some pistachio nuts finely chopped, seasoned to taste, some minced ham ; pass through sieve ; add a gill and a half of aspic, a glass of sauterne, a gill of cream, and a gill of Suprême sauce.

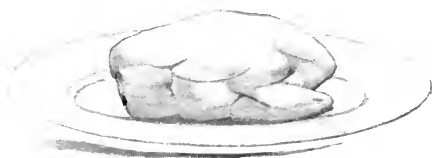
Line some cutlet-moulds with pale aspic, cut some truffles in strips, and arrange them as in a plate in the moulds, also some strips of French beans picked or otherwise, with little devices imitating roses in red aspic ; arrange the truffles in some of the moulds and the green in the others. Put on ice and have ready some white aspic cream and some pink aspic cream—decorate the moulds half with white and half with pink, doing one colour at a time and then placing on ice.

Crème de Veau 'Porte Veiné'

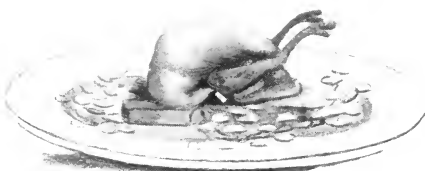
Pound the meat of a pound of veal, pass it through a sieve with a gill of cream, salt, and white pepper to taste ; line the moulds with aspic, decorate the nails with truffle and the knot with tongue, cut very thin, then put on ice. Then fill the moulds with the veal forcemeat and lay on the top a slice of ham cut to the shape of the mould.

Dish up on a border of ham farce coloured with a little cochineal ; place in the centre a macédoine of vegetables *en mayonnaise* or with peas tossed in aspic.

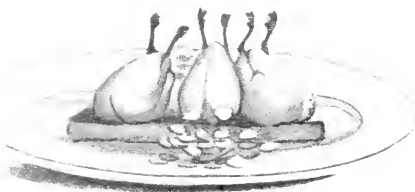
These moulds can be procured only at Jones Brothers, Down Street, Piccadilly, W. (See Plate XIV.)



A



B



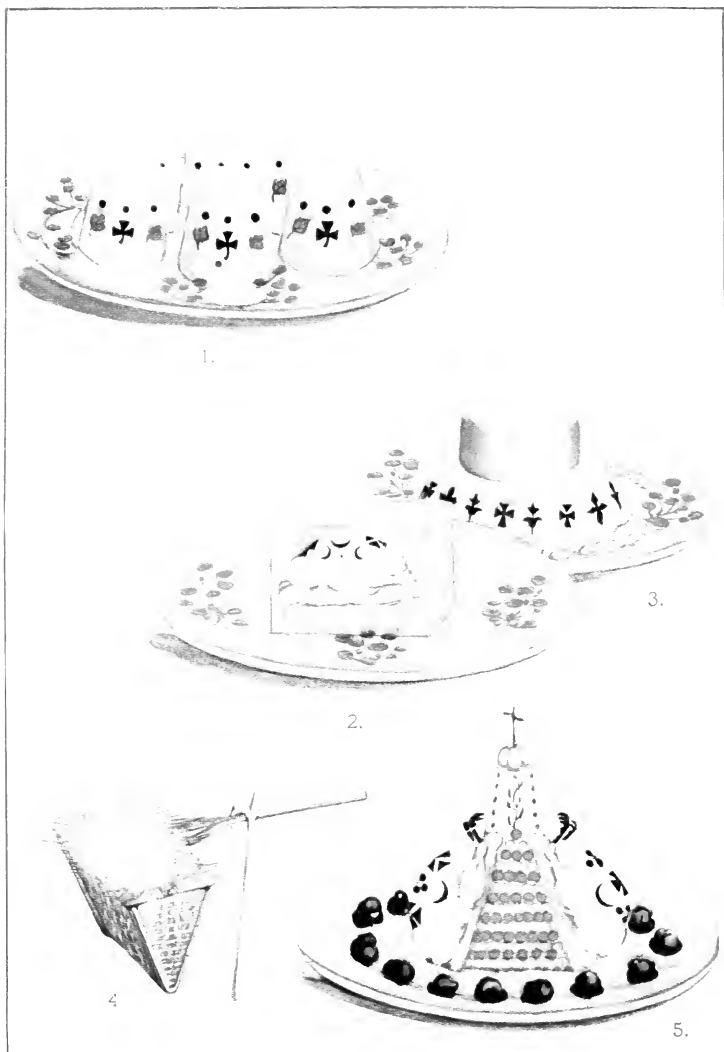
C

A, Boiled Fowl; B, Roast Pheasant; C, Roast Partridges.

POULTRY AND GAME

‘And we meet—with champagne and chicken at last’

LADY MARY W. MONTAGU



1. Little Aspics of Wild Duck.

3. Blanc Mange of Pheasant.

2. Chicken à la Tombeau.

4. Prawns à la "de Salis."

5. Chicken à la Chancelière.

POULTRY AND GAME RECIPES AND THEIR COOKERY

IN my remarks in the pages on Entrées I have talked of boiling, roasting, &c., so that I think it would be superfluous to enlarge any more on that subject, therefore I shall only give a few hints by which to ensure their succulency.

In roasting poultry one must remember that the closer the flesh the longer time it takes to cook, and it is of the greatest importance that great attention should be made to the basting; the breast of a bird should be covered with butter or dripping to an inch thick before putting before the fire. If cooked in the oven, the breast should be covered in the same way and placed breast downwards in the roaster and a lump of dripping placed in its inside, unless it is stuffed, and when half cooked turned on its back. To make poultry tender, steep it in boiling water and pluck it in the hot water.

Poultry, if to be boned, is to the tiro a little difficult, and I would advise all who have to do it to have ocular demonstration, as it is almost impossible to learn from description, and to accomplish it properly requires practice.

Ducks à la Rouennaise

(French Recipe)

Truss a duck for roasting; take the giblets, chop finely, add salt and pepper to taste, a little ground

allspice, a table-spoonful of butter, the same of chopped shalots, a small piece of garlic the size of a pea minced, two table-spoonfuls of bread-crumbs, the same of chopped parsley. Stuff the duck with this, then roast briskly for half an hour; take the drippings, and add a little good dark stock and strain over the ducks; send some of the gravy in a tureen.

Little Aspics of Wild Duck

Take some dariole moulds and decorate them with designs in truffles and chervil leaves, dipping them in half-set pale aspic; ornament the bottoms with a small round of orange the size of a shilling, with little devices of white of egg round it, then mask all with a thin layer of aspic. Have ready some wild duck forcemeat which has been poached in port wine with a few truffles chopped fine; fill up the mould with it and place on ice. When ready, turn them out and garnish with watercress and quarters of oranges. (See Plate XII.)

Jugged Wild Duck

Cut the wild duck into neat joints, put them into a frying-pan, just to brown them. Put these joints with some good rich gravy into one of the Boila jars and half a dozen oysters, and their liquor, the juice of two oranges, a little cayenne, a small onion, and a gill of port wine. Close the jar tightly down, stand it in a pan of boiling water in the oven. In about an hour and a quarter, when done, place it into the entrée



A



B



C

A, Roast Pigeons : B, Roast Goose : C. Roast Fowl.

dish it is to be served in, and place fried sippets round and quarters of oranges.

Salmi of Woodcock à la Royale

Take three woodcocks and prepare them for roasting. When they are roasted let them get cold; dismember them and remove all skin. Place them in a stewpan with some stock, then let them simmer, taking care they do not boil. Have ready another saucepan in which put six shalots cut small, a little lemon-peel and the carcasses of the woodcocks, four spoonfuls of brown sauce and a wine-glassful of champagne. Let all boil till reduced, then strain through a sieve and pour it over the woodcocks with a squeeze of lemon juice over, and garnish with sippets of fried bread.

Chicken à la Como

Cut up a young fowl and cook it in a stewpan with butter and salad oil till brown, then add six tomatoes, three red chillies chopped fine, a very little garlic, and two table-spoonfuls of rich gravy. Cook slowly for a couple of hours, keeping the lid of the stewpan tightly closed. Serve with tomatoes round.

Chartreuse à la Prince Edward

Line a plain round mould with pale aspic. Cut some truffles very thinly and evenly into squares half

an inch square. Make some aspic cream very stiff, flavoured with a little tarragon vinegar ; when cold and firm, cut into squares the same size as the truffles. Place these evenly and alternately round the mould like a chess-board, fixing them in with a little aspic. When the mould is covered, place on ice for two or three hours.

Then fill in the centre with lobster cream, and put on ice again ; turn out and serve with red aspic chopped all round it and over the top. Whip some of the red aspic and lay in a little mound on the top and sprinkle it over with finely chopped pistachio kernels round. A *hâtelet* standing up in the centre, piercing a truffle, is often placed.

Chicken à la Tombeau

Boil a fowl, and when quite cold mask it with a very white Béchamel sauce into which has been mixed cream and aspic. Pour the sauce on with a palette-knife. Cut truffles into tiny rings, crescents, trefoils, &c., and arrange them prettily all over the chicken ; stick them on by dipping them in aspic, and pour a little aspic over all. Take a square tin mould, pour in a layer of pale aspic and place on ice ; when it is cold, place the chicken, breast downwards, on it, then fill up the mould gradually with the aspic and put on ice.

Turn out and decorate all round it with truffles, parsley, and red chopped aspic. (See Plate XII.)

Chicken à la Czar

Cut up a chicken as for a fricassee, also three quarters of a pound of tongue cut into thin slices the size of a florin ; melt some butter in a stewpan and then put in the pieces of chicken with a bunch of parsley, marjoram, lemon, thyme, and half a bay-leaf ; add a clove of garlic, and fry this till it is a pretty golden colour. Drain the fat away and add half a pint of chicken broth, a table-spoonful of sauterne and a tea-spoonful of curry paste and a bottle of champignons ; let all cook together for about a quarter of an hour or twenty minutes, then remove the herbs. Thicken the gravy, flavour with a very little mushroom ketchup ; then dish up and serve, a border of fried croûton round. The croûton should be cut in the shape of a diadem.

Cigarettes à la Royale

Take the remains of some cold chicken or game. Mince it and mix with it some chopped truffles, pâté-de-foie-gras, pounded ham, salt and pepper to taste. Mix in some cream and half a pint of aspic jelly, roll round into cigarette shapes and put on ice ; decorate with red chopped aspic and parsley round the dish. Dish them piled cross-wise on the top of one another.

These can be made with bread-crumbs in lieu of aspic jelly, and then rolled in egg and bread-crumbs, and fried and served hot. (See Plate XXI.)

Caisse de Gibier Prince de Galles

Procure some little Masonic moulds sold by Jones Brothers, butter them ; make one of the triangles in truffles, the other in tongue ; line the moulds with forcemeat made of the flesh of grouse pounded and passed through a sieve, and mix in gradually a gill of cream ; season with salt, pepper, and truffle, very finely minced. Fill the inside with tongue and truffles cut up into Julienne strips, mixed with two or three spoonfuls of curry sauce ; cover over with some of the forcemeat and poach in a little boiling stock ; dish up on a border of the same forcemeat, garnish the middle with strips of tongue and truffles, pour curry sauce round, and serve some in a sauce-boat ; make the *curry sauce* with good brown stock with the bones of the grouse, fry an onion sliced in butter ; add a good spoonful of the curry powder, the milk of a cocoa-nut, and a spoonful of curry paste ; grate the white part of the nut, pour boiling stock over it, and pass through a fine strainer and add to the sauce. Boil a few minutes, skim, and thicken with a little potato flour and butter.

Chaufroid of Grouse à la Pekin

Take the meat from a cooked grouse, taking care there be no skin. Pound and rub it through a hair sieve and mix with it half a pint of gravy which has been made from the bones. After it has been passed through a sieve add half a glass of claret, a little

salt, and a dust of cayenne. Chop up some truffles and add to the meat with a gill of unflavoured aspic.

Have some little dariole moulds masked with aspic and put in the above mixture. Put on ice, and when cold turn out and serve, garnished with chopped aspic sprinkled with truffle parings. On the top of each mould place a ring of truffle with a little star of red aspic in the middle.

Cream of Hare à la Gil Blas

Take a fine hare, remove the skin and cut the fillets out of the back, leaving the rest of the hare for jugging or soup. Put these fillets into a mortar, having chopped them first ; pour a gill of good cream over and pound well for fifteen minutes, then rub through a wire sieve, after which return it to the mortar and pound it again, adding, a spoonful at a time, half a pint of cream till it is quite smooth and well blended ; then mix in a full wineglassful of port wine and a table-spoonful of red currant jelly. Put this in a mould and cook in a saucepan of water for five minutes. Now take a medium-sized baking sheet, butter it, and line it with a sheet of white paper very evenly and butter this as well, then spread the cream of hare taken out of the mould very evenly over it to the thickness of one-tenth of an inch ; then butter another sheet of paper, place it carefully over the top, sprinkle a little water all over the surface and put it in a fairly quick oven to set it, which will be in about five minutes ; when it is firm to the

touch it is ready. When cold, cut it out into oval shapes three inches long and one and a half wide.

Make about eighteen or twenty of these rounds. Have ready the same number of forcemeat scallops the size of a florin made with one ounce of veal suet, the chopped liver of the hare, a table-spoonful of parsley, thyme, marjoram, pepper and salt to taste, a dust of cayenne. Mix all together with the yolk of a large egg and a gill of liquid aspic. Put on ice to set and put one on each hare scallop. The bones of the hare and any trimmings should have been placed on the fire in some stock with a small carrot, onion, celery, and a bouquet garni, just brought to the boil, and simmered for a couple of hours, then skimmed and strained, then mixed with a good brown sauce into which four ounces of aspic should be melted. Mask the hare scallops with this sauce. Dish them up on an ornamented border of aspic cream flavoured with red currant jelly alternately with the forcemeat scallops, which should be lightly masked with pale aspic.

The centre garnish should be a macédoine of vegetables strained from the water and warmed up in stock, then drained, and, when cold, tossed them in two table-spoonfuls of half-liquid aspic jelly.

Place aspic croûtons and chopped aspic between them round the dish.

Crème de Lapin '100 up'

Procure some little '100-up' moulds from Jones Brothers, mask them with aspic. Blanch and boil



1. Pork Cutlets à la Berlin.

3. Crème de Lapin "100 up."

2. Crème de Veau "Porte Veine."

4. Mousse de Volaille St. Andrew.

5. Lobster à la United Service.

some spinach, put a little soda in the water to keep it a pretty green, pass it through a sieve and mix with a forcemeat of the white flesh of a rabbit that has been roasted and passed through a sieve. Mix with cream and aspic, season with salt and pepper. Wet the moulds, make the cues with truffles, the ball on each side with white aspic cream, and the centre one of tomato aspic. Half fill the mould with the green forcemeat; add some tomato aspic. Arrange on a white aspic border, and fill in the centre with a macédoine of vegetables tossed in aspic. (See Plate XIV.)

Lark Pie

Take eight or ten larks, stuff them with foie-gras. Line the pie-dish with some fillet of beef cut as for tornedos. Add hard-boiled yolks of eggs and good gravy; cover with puff paste. Bake the pie for an hour and a quarter.

Medallions of Chicken à la Audrey

Pound together some boiled chicken and some sweetbreads. Mix in a table-spoonful of ham and a table-spoonful of sherry, salt and pepper to taste, pass through a sieve; add half a pint of aspic, the same of velouté sauce, and two table-spoonfuls of cream. Take some medallion moulds, line them with aspic, and decorate them different little designs of truffles. Then line the moulds with white aspic, and, when set, put in the chicken mixture. Fill in a little more aspic and put on ice. (See Plate IX.)

Arrange these *en couronne* on a pink border made of ham forcemeat, cream, and aspic coloured with cochineal, mixed with cream in the centre. Fill in with chopped aspic and place a hâtelet mould on the top with the chicken mixture inside ornamented with truffles. Pierce it with a skewer through two tomatoes and a truffle.

Mousse de Volaille à la St. Andrew

Have some of the moulds made expressly for this dish by Jones Brothers, Down Street, and pound the white meat of a boiled chicken ; then pass it through a fine sieve with half a pint of cream, a gill of aspic jelly, a spoonful of cold *Suprême* sauce, and a spoonful of a *purée* of spinach ; pass all through a tammy ; season with salt and pepper.

Wet the moulds and line them with pale aspic ; make the golf clubs and balls with truffles, set on ice, then half-fill them with the chicken forcemeat and lay on the top of each a slice of cooked ham cut to the exact size of the mould. Lay them on ice, and serve them on a border made of mushrooms mixed and cooked with a table-spoonful of aspic, the juice of half a lemon, a gill of cream, and a little chopped parsley. (See Plate XIV.)

Partridges à la Masonic

Procure some Masonic moulds ; butter them and make one of the triangles in truffles, the other in

tongue. Line the moulds with a forcemeat made of the meat of a partridge pounded and tammied, then mix in a gill of cream ; season to taste. Fill the inside with a Julienne of tongue and truffles mixed with two spoonfuls of curry sauce ; cover over with a little more forcemeat and poach in a little boiling stock. Dish up on a forcemeat border and garnish the middle with a Julienne of tongue and truffles, and pour curry sauce round.

Pheasant Blanc Mange aux Truffles

Take a couple of pheasants (if two entrées are required) and boil them. Whilst they are boiling chemise two plain round moulds with clear aspic jelly. Cut some truffles into thin slices, and when the aspic in the moulds is set, ornament the bottoms with the truffles cut into ornamental shapes, such as stars, crescents, or fleur-de-lys, dipping them into aspic first to make them adhere. Next put three-quarters of a pint of liquid aspic into a basin, and with a whisk whip it till it becomes quite white and to the consistence of thick cream. Chemise the moulds again with this by turning them round and round ; it should be quite an inch thick. Now skin the pheasants and cut off all the white meat, chop it and then pound it with a little cream, and rub it through a wire sieve. Put this into a basin, and add half a pint of cream and mix lightly. Melt some more aspic, and whilst it is in the liquid state whip it well and mix it with the pheasant ; then fill the moulds with it, and pour a little liquid aspic over. Place on

ice till required, then turn out ; decorate with aspic croûtons and barberries. Serve Russian salad with it. (See Plate XII.)

Pheasant Pie

Have ready a china pie-dish, a pretty majolica one looks best. Bone a couple of pheasants, season their interiors with a little pepper, salt, and very little chopped onion. Make some forcemeat with ham, tongue, pâté-de-foie-gras, and truffles ; place a thick layer of it at the bottom of the dish ; fill the interiors of the birds with an oyster forcemeat. Roll the birds over together, cut them in slices and place on the forcemeat, and then lay on some more of foundation forcemeat and add some liquid savoury aspic jelly ; when the mould is full, arrange it with chopped aspic all over the top and arrange crayfish round the edges and a large truffle in the middle.

Pheasant à la St. Charles

Wrap a pheasant in a sheet of buttered paper and roast it ; when it is cooked, stuff it with minced oysters, truffles, parsley, a soupçon of onion, a dessert-spoonful of lemon-juice, a little cayenne well mixed in butter.

Then place the pheasant in a stewing-pan with butter and a bouquet garni, two shalots and the beards of the oysters, some of the oyster liquor, and half a pint of good stock, and a claret-glass full of sauterne or chablis. Let this all simmer over the fire for a quarter of an hour, then give it a boil, and strain it over the pheasant after it is dished.

Chicken à la Chancelière

Bone a couple of chickens and stuff them with a forcemeat made with some lambs' sweetbreads finely chopped, also some finely chopped truffles, mushrooms and pistachio-nuts ; mix all together with two ounces of panada, a gill of good *Suprême* sauce, a table-spoonful of butter and two eggs, cayenne pepper, and salt to taste. Cut off the feet and truss them for boiling ; boil them till tender. When cool mask them over with white sauce made in the usual way, with the addition of cream and aspic. Stand them up as in Plate XII. Glaze the feet and stick them in, and place on either side some thin pastry triangularly shaped and covered alternately with carrot and turnip cut like peas ; or peas may also be introduced as well, making them tricolour. The chicken should be garnished over with leaves of green aspic jelly and little darioles filled with a mixture of cream, tongue and aspic should be placed round, ornamented with chopped aspic. A *hâtelet* mould and skewer should be placed as in Plate, filled with aspic cream and truffles. Instead of the pastry between the chickens, very stiff aspic may be used and the vegetables laid on with liquefied aspic. (See Plate XII.)

Quenelles of Pheasant à la Prince Albert

Make some quenelles in the usual way with the breast meat of two pheasants. Mask them with a white sauce in which aspic and oysters have been introduced, the oysters having been chopped and

tammied. When the sauce has set, place some little shapes of cut truffle in the middle of each which have been dipped in aspic. Dish them *en couronne* on an ornamental border of pink aspic. In the centre serve champignons moistened with a little aspic jelly, so that they may adhere together to form a pyramid. Garnish with chopped aspic.

Quails in Cases

Take as many paper cases as there are birds, oil them, and put them into the oven for a few minutes to dry them. Put a table-spoonful of Périgord sauce into each case, place a quail in each, which has been stuffed with foie-gras forcemeat. Cook them in the oven, and when done pour over them Financière sauce. Dish them up on a potato border.

Quails à la Melba

Take four or six boned quails, cut the legs off above the leg-bone. Make sufficient quenelle meat to fill their insides, and mix with it a little tongue and four large truffles. Chop up half a dozen small white mushrooms (cooked), which also mix with the forcemeat. Stuff the birds with the forcemeat, close up the opening, and make each one into a round ball and tie up closely in a cloth. Let them cook for forty-five minutes. When cooked, they may be glazed if to be served hot. Arrange them in a circle on the dish, with some cockscombs. Slice truffles

and champignons in the middle. Pour some good velouté sauce over the quails. If this is desired cold, the backs must be masked with a rich velouté sauce in which aspic has been mixed. The sauce should be the consistency of rich cream. The quails should be ornamented with designs in truffle, and a mayonnaise should be poured over a salad served in the centre. The whole should be garnished with chopped aspic and blocks of aspic.

Quails à la Meunier

Bone and cook some quails. Stuff them with pâté-de-foie-gras aux truffes which has been rubbed through a sieve, and a little whipped cream added to it. Form the quails into shapes of sacks. Make a rich white sauce with cream, into which a quarter of a pint of aspic has been mixed, and cover the sacked quails entirely over with it and put on ice. When set, make designs on each with truffles, and pour over each some very pale aspic jelly. Set to get cold, then trim and tie round the neck of each sack a very narrow strip of truffle. Arrange them on a red aspic mould, with chopped aspic in the centre, sprinkled with chopped pistachio-kernels. Garnish with aspic and chervil sprays.

Turkey Medallions à la Cecil

Cut the meat from the breast and wings of a turkey into delicately thin slices the size of a four-

shilling piece. Lay these on a baking-tin, with a very little strong stock, peppered and salted. Cover with buttered paper, and put into a slow oven till done. Cut some cold tongue into the same-sized pieces as the turkey, and spread them with green butter. When the turkey is quite cold, lay a piece of the tongue on each piece of turkey. Dish on a mound of tomato aspic, with a potato and beetroot salad in the centre.

Crème de Venison à la Danoise

Cut some cold venison into very thin shavings. Make a rich Italienne sauce, into which mix a tablespoonful of red currant jelly. Pound all together in a mortar, then pass through a fine sieve, adding then some truffle peelings and a little good claret or portwine. Make into quenelles and poach in stock. Then arrange them in a circle sauced with Italienne, sauce as above ; garnish with sprinkled parsley, and serve French beans in the centre. Claret is generally handed round with venison dishes.

Wild Duck à la Serviette

Take a wild duck, remove heart, liver, and gizzard, and mince them very finely with three shalots. Sprinkle well with black pepper, pabrika, and a little salt. Mix into a smooth paste. Stuff the duck with this, sew it up carefully, then roll the bird in a cloth folded in three and tie it up at each

end like a sausage. Then have a panful of boiling, well salted water, and put in the duck, which has been well-salted. Let it cook for thirty-five minutes; then remove it, and serve very hot. Send round it a garnish of sliced oranges, taking care there is no pith nor peel. Hand with an iced orange salad.

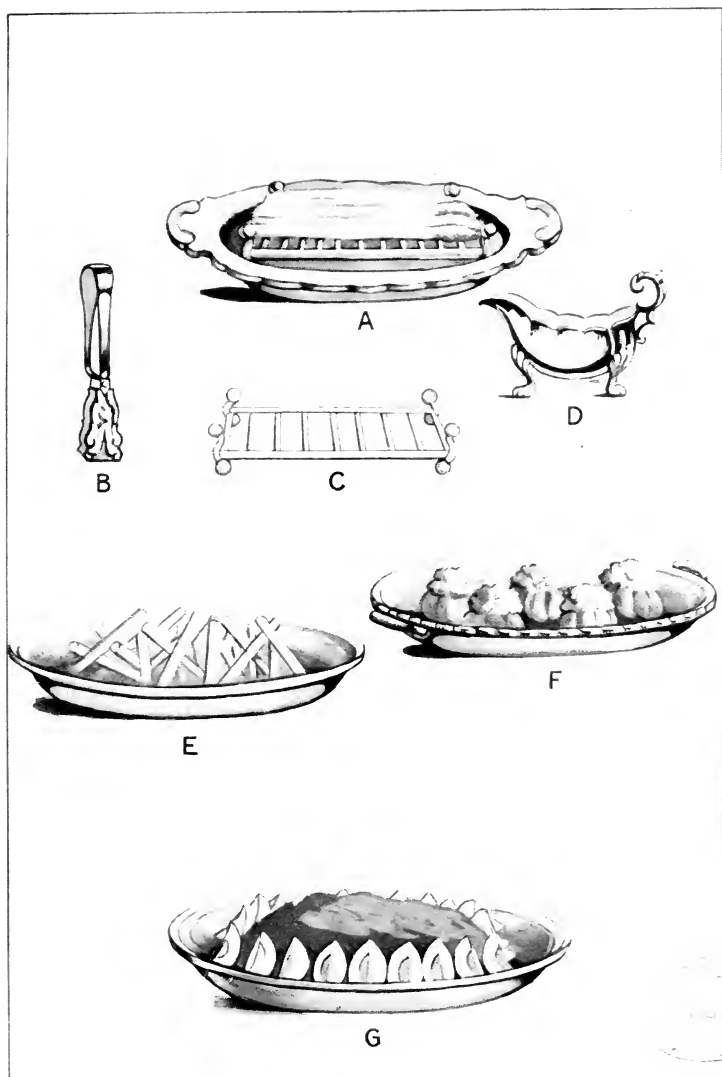
DRESSED VEGETABLES

‘ Behold, the earth hath roots ;

The bounteous housewife, Nature, on each bush

Lays her full mess before you’

Timon of Athens, Act iv., Sc. iii.



A, Asparagus ; B, Asparagus Tongs ; C, Rack for serving Asparagus on ;
 D, Sauceboat ; E, Potato Straws ; F, Stuffed Tomatoes ;
 G, Spinach with hard-boiled Eggs.

VEGETABLES AND THE COOKERY OF VEGETABLES

IN cooking vegetables care must be taken to cook them sufficiently or they are indigestible. And in France and Germany we always find them well cooked ; and, consequently, they excel us in it ; and they make more of them than we do by the various ways of dressing them with gravy and cream. Vegetables should never be washed after they have been cut and sliced, and, when cooking, must be put into boiling and salted water, and the lid should be left off the saucepan. Great care is necessary in their washing to get rid of grit, earwigs, &c.

Cauliflower, asparagus, French beans, &c., may sometimes have a bitter taste owing to accidents of culture, therefore, it is well to put a lump of sugar into the water, which will counteract the bitterness if there be any.

When vegetables are a bad colour it is simply carelessness in not keeping the water boiling all the time and the lid raised. When cooked, the greens, &c., should be lifted out and put into a colander to drain, unless the kitchen possesses one of Braby's vegetable saucepans and strainers, in which the vegetables can be cooked and drained in the same saucepan. I always use one, and it is far less trouble to the cooks, who in these days always like to spare themselves.

It is a great mistake to squeeze the water from vegetables ; it bruises them.

Steaming vegetables is very much done abroad, which is done by placing them on one of the 'Rapid' steamers and steaming them till done.

When vegetables are frosted, after preparing them for cooking, lay them in cold salted water all night, standing the vessel in which they are placed in a warm room. The vegetables must be quite covered with water. I recommend every housewife to keep in the scullery a wire vegetable rack shown in Plate XVI., it keeps the vegetables clean and fresh.

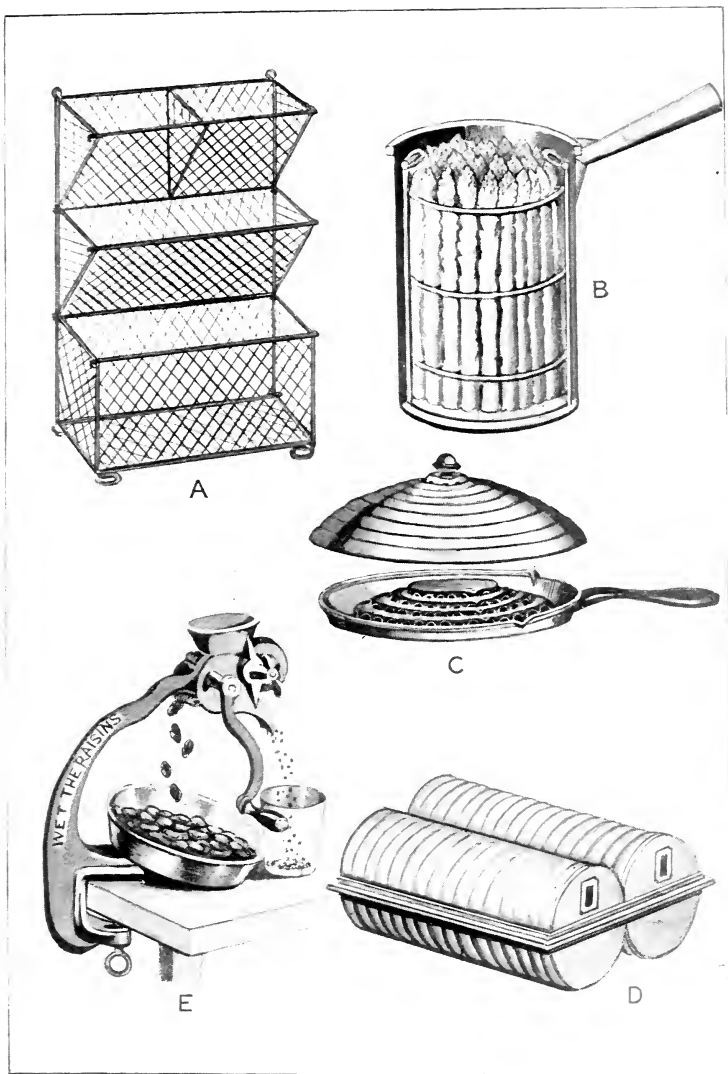
Jerusalem Artichokes alla Parmigiana

Wash and peel the artichokes, shaping them like pears of uniform size. Put two ounces of butter in a saucepan, and arrange the artichokes in circles in it. Strew over some pepper, salt, and lemon-juice ; pour a quarter of a pint of good gravy over them, put the lid on, and simmer for half an hour, basting them occasionally. They should colour a deep yellow. Serve Mornay sauce round them.

The sauce is made with a quarter of a pint of white stock, which must simmer till reduced to one-half ; add two ounces of grated Parmesan and parsley, and stir over the fire three minutes ; then simmer for a quarter of an hour, stirring slowly.

Asparagus Patties

Line some patty-cases with puff paste, bake them, and fill the insides with heads of asparagus that



A, Vegetable Rack ; B, Asparagus Saucepan ; C, Brooklyn Boiler ;
 D, Brooklyn Fluted Crust Bread Pans ; E, Raisin Stoner.

have been boiled, and pour Irlandaise sauce over them.

Carrot and Turnip Mould

(To be eaten with Boiled Pork)

Take some carrots, boil them in good stock. Mash them and pass them through a wire sieve, add pepper and salt to taste and a little butter ; put them into a border-mould. Mash some turnips in milk ; after boiling, add pepper and salt to taste and some cream ; beat them thick over the fire. Turn the carrots out of the border-mould, and put the turnip purée in the centre, piling it high.

Truffles à la Milan

Melt four ounces of fresh butter, add two ounces of good salad-oil, a little parsley, a shalot, a small onion, a clove of garlic, all minced, and fry them together. Peel two pounds of fresh truffles, slice and put them in the stewpan with pepper and salt to taste. When they are all thoroughly mixed, add a pinch of flour and a little hot fish stock.

Boil a tumbler of Saumur (a light champagne), and add this also ; stew gently till everything is cooked and blended.

Fry some sippets in butter, and pour the contents of the stewpan over the fried bread.

The clove of garlic must be removed before the truffles are put in.

Surprise Tomatoes

(Tomatoes en Surprise)

Take some little tomato-moulds, and mask them thickly with red aspic jelly, place a small piece of foie-gras well truffled inside, fill up with the jelly, and close the moulds. Put on ice till ready to turn out ; place them on a bed of green aspic jelly.

Stuffed Cabbages

(Choux Farcies)

Remove all the outer leaves from a couple of nice white cabbages, and wash them in salt and water then parboil them. Make a stuffing of some minced tongue, foie-gras, and fowl's liver, which must be mixed into a paste with the yolks of two eggs ; put this forcemeat between the leaves of the cabbages, taking care not to break them and not to spoil the shape of the cabbage. Flour the cabbages, dip them into the yolks of two eggs, and fry them delicately to a pale colour. Then cook them with butter and rich gravy. Send to table with fried sippets and pour the gravy over. Care must be taken not to over-cook the cabbages.

Potatoes en Surprise (Twentieth Century)

Take some *large* potatoes, boil them, cut them into halves, scoop out the potato, and leave the skins. Take some more uncooked potatoes, peel them, and cut

them into little straws two inches long and seven-eighths of an inch wide ; fry them a pretty gold colour, and pile them up tastefully in the half skins. Sprinkle over a very little finely chopped parsley, and stand the potatoes on a bed of the potatoes taken from the skins and passed through a potato-masher and mixed with butter and a little milk, and put into a border mould.

Mushrooms à la Tuileries

Take half a dozen large mushrooms, mince some soft herring-roes, making about two ounces, the same amount of tomatoes mashed, a sprinkle of cayenne, salt to taste. Put this mixture into half a pint of Espagnole sauce and stew for six or seven minutes ; add a glass of marsala, and when nearly cold whisk a couple of eggs into it. Peel the mushrooms and put a spoonful of the mixture between two of them sandwich fashion, place a large piece of butter on the top one, and then bake them for six minutes. Serve them very hot within a border of potato straws. Sometimes tomato sauce is handed with this dish.

Spinach and Poached Eggs

Cook two or three pounds of spinach according to the quantity required in the usual way ; when done, drain and tammy ; add an ounce of butter, half an ounce of flour, salt and pepper to taste, a small lump of sugar, and half a cupful of cream. Put back in saucepan and stir over fire ; arrange it on a dish in a mound with toast underneath, and place some

poached eggs on the top ; sprinkle with a little very finely chopped parsley.

Salad à la Redvers

Chop up tomatoes quite small, add a bead of garlic and a shalot, and rub all through a sieve. Take four table-spoonfuls of aspic jelly and mix into the purée with an equal quantity of mayonnaise sauce. Decorate a round mould with slices of hard-boiled eggs, the yolks and whites separately stamped in fancy rounds and stars ; then line a plain mould with pale aspic, and arrange the slices of egg in the mould in tiers one above the other, yellow and white alternately, till the mould is full. Every here and there place a sprig of chervil. Set the mould on ice, and when quite set fill the centre with the tomato purée. Place on ice again and then turn out, garnish with small salad mixed with mayonnaise sauce round. Arrange watercress in a garland on the top and sprinkle pale pink aspic all over it.

Turnip Pasties

Peel two pounds of turnips, cut them into thin slices, pepper and salt them, and put in a small piece of bacon.

Make some puff pastry in some patty-pans and bake.

Vegetable Marrow à l'Andalousie

Take a Spanish onion, cut it into thin slices, also three tomatoes, and slice them also ; fry them in butter. Next cut a vegetable marrow into neat square pieces ; add some nicely flavoured white stock, salt and pepper, with a dust of cayenne. Simmer all together till cooked, and serve very hot.

Vegetable Marrow à la Firenze

Slice a couple of vegetable marrows as thinly as a cucumber, dry and fry them in very *hot butter* with pepper, salt and pabrika. Shake over a little grated Parmesan cheese.

Cauliflower à la Biarritz

(Italian recipe)

Take a cauliflower and cut it up roughly ; after washing and draining it, put it in a stewpan with two cloves of garlic, three cloves, a little parsley, basil, and marjoram, and an ounce of butter. Cook this slowly for fifteen minutes, then moisten it with veal or chicken broth till the cauliflower is cooked. Have ready some Patna rice which has been cooked in stock, add some grated Parmesan cheese and a tablespoonful of essence of anchovy, and mix up all together.

Tomatoes and Spinach

Take a fancy border-mould and put in two pounds of cooked spinach, cooked as in recipe 'Spinach and Poached Eggs,' page 113. Keep the border-mould with the spinach in hot whilst the centre mixture is preparing. Beat up half a dozen eggs and mash four or five tomatoes, and mix all together, flavouring with half a tea-spoonful of shalot vinegar, a trifle of cayenne, and salt to taste; scramble all together in a frying-pan with two ounces of butter till the mixture is set, then take the spinach-mould and turn it out and place the egg and tomato mixture inside.

SAUCES

‘I smell it—

Upon my life it will do wondrous well’

Henry IV. i. 3

‘Thou comest in such a questionable shape
That I will speak to thee’

Hamlet i. 4

SAUCES

THERE are very few cooks who really take the trouble to make sauces properly; they hurry over them, and therefore often send up to table either a species of paper-hanger's paste or a thin watery fluid. It takes a *little* time to make sauce properly, and, as on sauces and gravies the perfection of entrées depends, even for a simple hash or mince, it is most necessary to make them properly. One often sees butter and flour rolled together in any haphazard fashion, and put into the other ingredients and boiled till thick and never strained through a sieve. It takes them about *five* minutes and they think it will do. Now, I well know that many excellent cookery-books and good cooks advise the rolling of flour together and then frying. No doubt it can be done *so* and *well*. But as, as a rule, cooks hurry over their cooking, it is not always successful.

The following way of making sauces is the method I always teach my cook to do, and the result is that the sauce is invariably smooth.

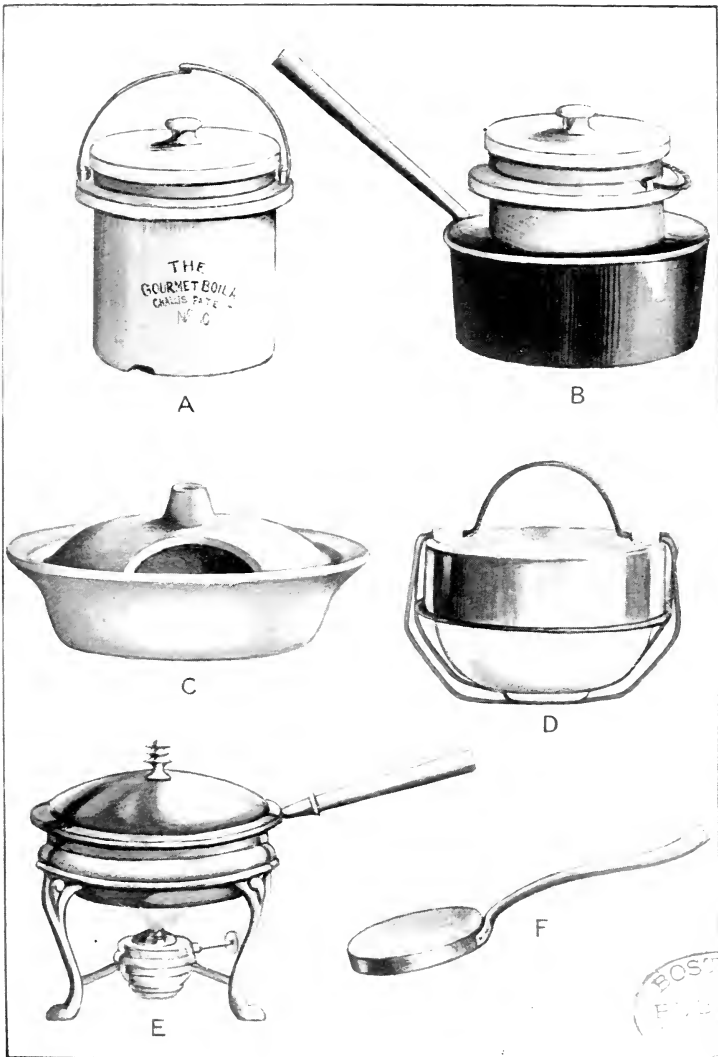
All sauces spring from two sauces, brown and white, and it is the different flavourings which make the innumerable sauces of which these two kinds form the basis. The first thing in making a white sauce is to take a table-spoonful of flour and mix it in

a basin till it is a smooth paste. Whilst doing this, have a small stewpan on the fire with a piece of butter about the size of a large plum in it ; when the butter is melted and very hot, add to it the paste ; give it a stir round, adding a little salt, more milk, and whatever flavourings are required ; stir over the fire till it begins to thicken, then let it boil till it thickens and the mixture leaves the sides of the saucepan and coats the spoon. If it becomes too thick, add half a gill of cold water and boil up again, then pass through a fine strainer into the tureen or dish it is to be served in.

If cooked some time before it is wanted, keep the saucepan in a larger saucepan filled with boiling water, but be sure not to let it boil again. The 'gourmet boilers' are capital things for keeping food warm and simmering ; they are made in earthenware and put inside a stewpan of hot water, and sauces, &c., may be left in these boilers for hours and they will never boil, and for those persons who do not possess a bain-marie they are a *sine quâ non*. (See Plate XVII.)

Brown sauces are made exactly in the same way as white, except that flour is mixed first with cold stock or gravy instead of milk, and added to the boiling butter in the same way.

Of course, where oysters, button mushrooms, lobster, shrimps, capers, &c., are used, the sauce must be strained before these are put in, and mushrooms must be cooked first. I have heard cooks grumble and say, 'What a fuss and trouble to make sauce this way !' But it is no trouble and only takes two or three minutes longer than the usual rough way of mixing



A, Gourmet Boila ; B, Ditto, whilst cooking ; C, Pie-dish ; D, Queen's Pudding-boiler ; E, Chafing-dish ; F, Salamander.

all together; and certainly the sauce repays the trouble, and unless care and pains are taken in whatever is cooked, success will not be triumphant.

I will give some recipes for different sauces, both brown and white, the foundations to be made as I have just directed.

Gravy is an important factor in cooking. I mean the gravy which comes from joints when roasting. To make this gravy fit for table, take away the dripping-pan, and pour off slowly from a corner of it all the fat. At the bottom of the dripping-pan there will be a brown sediment, which is the concentrated gravy. After the fat has been poured off, pour on to the dripping-pan half a pint of boiling water, and with it wash off all the brown sediment. Stir up all the water and then pour it out through a strainer into the saucepan, which boil up and afterwards pour into the dish.

Ambassador's Sauce

Make half a pint of brown sauce, add a table-spoonful of mushroom ketchup, one of Clarence's cayenne sauce, one of Worcester, and one of Hienz's tomato ketchup and a gill of port wine. Boil up, tammy, then stand in the bain-marie or gourmet boiler till wanted.

Anchovy Sauce

Prepare some white sauce, add a little cayenne, and add when the sauce is over the fire a teaspoonful

of essence of anchovy. To render it a little piquant add a few drops of chilli vinegar. Many persons think this an improvement.

Apple Sauce

Take half a dozen good cooking-apples, pare and core them. Then put them into a stewpan with just sufficient water to moisten them; boil till soft. Add a little Demerara sugar, a piece of butter the size of a pigeon's egg. Beat up with a fork, and place in the tureen, &c.

Sauce à l'Aurore

Make a white sauce with three-quarters of a pint of veal gravy. Add the white outside of a mushroom, a small onion, a sprinkle of cayenne, and a table-spoonful of essence of anchovies. Simmer gently for twenty minutes until reduced to half a pint. Strain, and return to stewpan, and place on fire till it boils. Then strain through fine tammy, and add a large spoonful of lobster butter, half a tea-spoonful of tarragon vinegar or lemon-juice, and keep hot. The sauce must not boil after the lobster butter has been added.

Béarnaise Sauce

Chop up four shalots, put them in a stewpan with half a gill of vinegar and half a gill of tarragon

vinegar, and boil till reduced to a table-spoonful. Add three yolks of egg one at a time, whisking each one well, and be sure it is not allowed to boil. When the eggs are in, remove the stewpan from the fire, and add two ounces of butter in small pieces, taking care each piece is dissolved before adding the rest, as if the butter is added too quickly the sauce will oil. Strain, and it is ready for use.

Béchamel, or White Sauce

Fry a small carrot, one stick of celery, one shalot, a bay-leaf, a little salt, and some peppercorns for a few minutes, but they must not brown. Melt two ounces of butter in a stewpan, and add to it one and a half ounce of flour that has been smoothly mixed with a little cold milk or pale stock. Put in the vegetables, whisk in a pint of milk, and let it boil for a quarter of an hour, or till it thickens. Then strain, re-heat, and add one gill of cream. For very superior white sauce add two or three button mushrooms to the vegetables.

Beurre Noir

Warm some butter in a frying-pan till it becomes a dark brown colour. Cook a little vinegar in the same frying-pan. Reduce, and add to the cold brown butter. Warm in a saucepan, season with salt and pepper, and serve.

Black Sauce

Brown two table-spoonfuls of flour and a chopped onion in butter. Add some dark gravy, a bay-leaf, salt and pepper to taste, a dozen crushed juniper berries, two spoonfuls of black currant jelly, one of vinegar, and a teaspoonful of chilli vinegar. Boil and strain.

This is a German recipe, and is intended to serve with game and venison.

Bordelaise Sauce à la Gouffé

Add to half a pint of sauterne one pinch of mignonette pepper, and one table-spoonful of shalots previously blanched and chopped. Reduce it by boiling to a quarter of a pint, add half a pint of Espagnole sauce. Boil for six minutes, and put in one table-spoonful of chopped parsley. Skim and strain.

Bread Sauce

Take a pint of milk, and boil in it an onion stuck with two cloves, a small shalot, and some peppercorns, and bring to the boil, and then let stand for an hour on the stove. Then take the onion, shalot, and peppercorns from the sauce. Have ready two ounces of freshly grated bread-crumbs, and put them into the milk with half an ounce of butter. Add salt to taste. Boil up the sauce for ten minutes, and it will be ready to serve. A good table-spoonful of cream added to it is, of course, an improvement.

Brown Sauce

Take six mushrooms washed and peeled, one carrot, one shalot, and one small onion. Cut them up and fry them in two ounces of butter till a nice brown, then stir in one and a half ounce of flour, and lastly pour in one pint of light hock. Let boil for ten minutes, then skim, and season with pepper and salt, then strain.

Caper Sauce

Make some white sauce, add a couple of table-spoonfuls of capers with some of their vinegar, chop them in halves and stir over the fire, stirring well.

Caramel Sauce

Put two handfuls of castor sugar into a stewpan, stir over the fire with a wooden spoon till dissolved and slightly brown, add not quite half a pint of water, a dessert-spoonful of essence of vanilla, and one pound of lump sugar. Boil this to a thick syrup.

Chateaubriand Sauce

Melt a little glaze in a little white Rhine wine, stir in some Espagnole sauce, and thicken with maître-d'hôtel butter.

Chaufroid Sauce

Mix together a gill of Béchamel sauce, a gill of whipped cream, half a pint of liquefied aspic jelly, and boil till reduced one quarter ; keep it well skimmed, tammy, and use.

When chaufroid sauce is required brown, use Espagnole sauce instead of the Béchamel.

Cranberry Sauce

Take some bottled cranberries if the fresh are not to be had, and cook them in just enough water to cover them and stew till the berries are soft. Add a table-spoonful of cream and a little sugar.

Chilli Sauce

Take six tomatoes, peel them and chop them with a large onion and one and a half chilli pods ; boil an hour, add one and a half cupful of white vinegar, half an ounce of sugar, and one small table-spoonful of salt. Let it boil for two hours slowly.

Cucumber Sauce

Peel a couple of cucumbers, one small onion, and cut them in slices half an inch thick ; fry them in a little butter till lightly browned. Dredge them with pepper and salt, and simmer them till tender in as much white sauce as will cover them.

Sauce à la Diable

Boil two eggs hard and then chop them and pour on them a few drops of tarragon vinegar, pound in a mortar, adding drop by drop two table-spoonfuls of salad oil, then gradually drop three table-spoonfuls of port wine, one of mustard, the juice of a lemon, white pepper, salt to taste, a sharp apple finely chopped, a pinch of sugar, and just enough vinegar to flavour the whole. Stir well together till all traces of the oil disappear.

Dutch Sauce

Make half a pint of melted butter and put it, with the yolks of four or five eggs, into a stewpan. Stand it in a large saucepan of boiling water, and whisk it well over the fire till it thickens. It must *not* boil, or it will curdle. Season to taste with salt and cayenne, and at the last stir in two table-spoonfuls of lemon-juice.

D'Uxelles Sauce

Take two table-spoonfuls of chopped mushrooms, one of chopped parsley, the same of chopped shalots, a head of garlic, a little scraped bacon, a bay-leaf, a bouquet garni, salt and pepper to taste. Warm up in fresh butter. Moisten with white wine, reduce it and pass it through a sieve.

Stir in a little white thickening, and serve with poultry or game entrées.

Espagnole Sauce

(Spanish Sauce)

Cut up some slices of ham, some veal trimmings, and fowl's giblets, and place in a saucepan with a lump of butter mixed with flour, and stir over the fire till a nice brown colour ; moisten with stock, half a pint of chablis, and the juice of a lemon. Simmer for several hours, then pass through a *fine* strainer, and thicken with a little glaze.

Fennel Sauce

Take a large handful of green fennel, take away all stalks and put the sprigs into a saucepan with cold water and a tiny bit of soda.

Boil for five minutes, then drain, chop fine, and mix well with half an ounce of butter. Rub through a sieve, and add this pulp to half a pint of white sauce.

Financière Sauce

Mince some raw ham, enough to fill three table-spoonfuls, some truffle trimmings, mushrooms, a bouquet garni, three black peppercorns ; put these into equal quantities of stock and white wine. Reduce to half the quantity, skim well and tammy ; stir some stock into a little brown thickening in a separate saucepan. Mix all together and reduce.

Sauce Framboise

(Spanish recipe)

Beat up the yolks of two eggs, and add drop by drop a gill of olive-oil, a dessert-spoonful of tarragon vinegar, a quarter of a tea-spoonful of shalot vinegar, a few chopped capers, a couple of boned sardines finely minced, and a table-spoonful of raspberry jelly.

Geneva Sauce

(For Fish)

Take some fish stock, mix in flour, boil some butter, then add the stock and stir over the fire till brown ; add a claret-glassful of claret and half a pint of fish stock, a bouquet garni, salt and pepper, two sliced onions, and two or three chopped mushrooms. Let them cook well together and serve.

Green Sauce

Pound a large handful of parsley in a mortar, boil and add eight boned anchovies and half a pint of mayonnaise sauce gradually in which two table-spoonfuls of chervil, tarragon, and chives have been mixed.

Ham Sauce

Cut up half a pound of cooked ham into dice. Pound in a mortar, moisten with stock, add a table-spoonful of Soubise sauce and the same of Espagnole and tammy ; then stir in a pint of stock, and when it

is ready to serve stir a tumblerful of chablis and a lump of fresh butter.

Horse-radish Sauce

Scrape some horse-radish finely, add a full tea-spoonful of condensed milk (Milkmaid brand), a mustard-spoonful of mustard, a pinch of salt, and a table-spoonful of white vinegar ; stir all well together, then add a gill of stiffly whipped cream.

Iced Champagne Sauce

Put the yolk and white of an egg into a stewpan, a table-spoonful of cream, a *little* sugar, and a tumblerful of champagne. Place the stewpan in broken ice and salt. Whip up all the ingredients as quickly as possible, and serve.

Cherry Sauce

Put two handfuls of cherries in a stewpan with our table-spoonfuls of castor sugar, a glassful of claret, and a grate of lemon. Let it boil up a few minutes, then thicken it with two table-spoonfuls of *fécule de pomme-de-terre* mixed with cold water.

Horse-radish Sauce à la Tedesco

Scrape a thick stick of horse-radish and grate it fine. Grate also six ounces of almonds. Mix in a

table-spoonful of flour, add cream to make it a proper consistency and a piece of butter the size of an egg. Stir over the fire till it thickens. To be eaten cold.

Irlandaise Sauce

Take a pint of sauce Espagnole, put it into a stew-pan with a glass of port wine, a table-spoonful of red-currant jelly, the juice of a lemon, a bay-leaf, a few peppercorns, a bouquet garni, a tomato, and a piece of chopped shalot. Boil for a quarter of an hour, and pass through a sieve.

This sauce can be eaten hot or cold ; if the latter half a pint of aspic jelly should be added.

Italian Sauce

Melt a quarter of a pound of butter in a saucepan and let it simmer with two table-spoonfuls of chopped parsley, one of chopped shalots, and the same of minced mushrooms ; add a tumblerful of sauterne. Reduce the sauce and add a tumblerful of velouté sauce and a gill of stock. Boil over a quick fire, skim off all grease, and when the sauce is thick enough take it off the fire and keep it warm in a bain-marie. Where no bain-marie is at hand, stand in a preserving-pan with hot water in it.

Lemon Sauce

Mix together a couple of ounces of bacon scraped, two lemons peeled and cut into slices, two onions

chopped small, one ounce of butter and a table-spoonful of water or milk. Cook and pass through a sieve.

Madras Sauce

Cut up some onions into dice and fry them in dripping till they are a nice colour.

Then mix in a basin a table-spoonful of flour, the same of curry powder, a dessert-spoonful of mulligatawny paste, the juice of half a lemon, a table-spoonful of chutney, and a dessert-spoonful of desiccated cocoa-nut. Mix these well together, then add some salt and the fried onion ; put all in a stewpan with a pint of good stock, and put on the fire to simmer for one hour. Then pass through a sieve and give a boil-up.

Mayonnaise Sauce

Put two eggs into a basin with a salt-spoonful of sauce, a little mignonette pepper ; stir with a wooden spoon, and pour in drop by drop half a pint of the best olive-oil, every now and then a tea-spoonful of vinegar, till all the oil is used ; stir in finely chopped cloves and tarragon. If chervil and tarragon are not handy, mince a small onion and add a few drops of tarragon vinegar, and for a fish mayonnaise add a few drops of essence of anchovy.

Mousseline Sauce

Mix together equal parts of mayonnaise sauce, whipped aspic, and whipped cream; flavour with a few drops of tarragon vinegar and a sprinkle of paprika.

Mushroom Sauce

Trim and wash the mushrooms. Make a white sauce, add the juice of a lemon, put in pepper and salt, and cook the mushrooms in it. If brown mushroom sauce is required, add a table-spoonful of mushroom ketchup to it.

Mustard Sauce

Mix in a dessert-spoonful of mustard flour in a table-spoonful of flour, and make as a white sauce, adding a few drops of vinegar. This sauce requires good stirring.

Orleans Sauce

Take two table-spoonfuls of vinegar and add to it a dessert-spoonful of rich gravy, or some of Driessen's foundation sauces, and let all cook together; then work in gradually two ounces of butter and a tea-spoonful of minced parsley which has been sprinkled with powdered sugar.

Oyster Sauce

Take a dozen deep-sea oysters, beard them, and chop them in two or three pieces, according to the size of the oysters, and squeeze lemon and cayenne over them. Take the liquor and put it into a saucepan with the beards. Scald all together for two minutes, take off fire and strain.

Mix in a basin a table-spoonful of cold milk and a table-spoonful of flour together. Add the strained oyster liquor and a few drops of anchovy essence. Put in a saucepan half an ounce of butter; when it boils, add the mixture from the basin and cook over the fire till it boils and thickens. Now add a good table-spoonful of cream, and boil up once more. Then add the oysters and serve.

Parsley Sauce

Make some white sauce in the usual manner, then add a good handful of chopped parsley, and add it to the sauce with a little green colouring and a table-spoonful of cream (though the latter is not necessary), and boil up.

Pease-pudding Sauce

This sauce is instead of pease pudding, and is much appreciated. Take some pea-flour and mix it with some good stock, a tea-spoonful of unmade mustard, and pepper and salt to taste. Add, according

to the quantity, one or two good table-spoonfuls of cream. Serve in a sauceboat with either hot or cold boiled pork.

Périgueux Sauce

Cut half a pound of raw ham into dice, and put into a stewpan with an ounce of butter, one shalot, one onion sliced, and a pinch of mignonette pepper. Fry till the onion is a pale brown and pour in half a pint of marsala. Reduce one half and add half a pint of Espagnole sauce, half a pint of white stock, and a table-spoonful of chopped truffles previously cooked in marsala. Simmer for twenty minutes, skim and strain into another pan, and reduce till it coats the spoon.

Sauce Piquante

Cut up a shalot, half a carrot, three mushrooms, and fry till brown in an ounce of butter ; then stir in an ounce of flour and half a pint of brown stock. Add a sprig of thyme, a bay-leaf, a table-spoonful of Worcester or Reading sauce, and let all simmer for twenty minutes ; skim and add a pinch of salt, cayenne, and two table-spoonfuls of vinegar and strain.

Poivrade Sauce

Shred a head of celery, two carrots, two onions, one shalot, one clove of garlic, one turnip two leeks,

three tomatoes ; put them in a stewpan with a quarter of a pound of lean ham and two ounces of butter. Fry them, but not very brown. Add half a pint of vinegar and let boil till *quite* reduced ; then stir in three ounces of flour and three pints of stock. Add a bouquet garni, six cloves, twenty-four peppercorns, and pepper and salt to taste ; stir well ; simmer for one hour ; pass through a sieve, boil up, and serve.

Port-wine Sauce

Put a wineglassful of port in a stewpan, a little thin lemon rind, a small pot of red-currant jelly, and stir up all together till the jelly is dissolved ; then strain very hot into a sauceboat.

Portuguese Sauce

Cook two and a half ounces of fresh butter with a yolk of an egg, a little lemon-juice, salt and black pepper to taste ; stir till the sauce is quite hot, take it off the fire, and stir till it thickens. Serve as soon as made.

Ravigote Sauce

Take equal quantities of white wine and stock and reduce. Season with chopped tarragon, chervil and chives, some lemon-juice, salt and pepper to taste ; stir the sauce till quite thick over a quick fire but it must not boil.

Reform Sauce

Cut up into strips like Julienne, vegetables, truffles, mushrooms, lean ham, hard whites of eggs, and gherkins. Put them into a stewpan with six table-spoonfuls of vinegar ; boil, and reduce to one-third. Pour in half a pint of Espagnole sauce and reduce again ; when thick enough, add two table-spoonfuls of red-currant jelly, and serve.

Remoulade Sauce

Chop up parsley, chives, anchovies, and a bead of garlic ; add a little mustard and salt, stir in good salad-oil and whip till the sauce is thick.

Sauce Robert

Dissolve a piece of butter the size of a walnut in a saucepan and fry with it two onions finely chopped ; when lightly coloured, pour in a wineglassful of vinegar and simmer for four minutes ; stir in a table-spoonful of flour, half a pint of stock, a quarter of a teaspoonful of Armour's extract or oxo, and the same of salt. Stir all over the fire for twenty minutes, add a tea-spoonful of mustard, the same of mushroom ketchup, and one of Worcester sauce, and at the last a spoonful of port wine.

Schiller Sauce

Put a piece of butter, a couple of shalots, and a minced onion into a stewpan and let them fry till cooked and brown ; add half a pint of brown gravy, a quarter of a pound of tamarinds, three cloves, a bay-leaf, a little black pepper and salt, and a wine glassful of claret ; let all simmer for twenty minutes, add some Parisian essence to colour it and a quarter of a spoonful of brown sugar ; strain and serve.

Shalot Sauce

Put six shalots in a stewpan with one small bay-leaf, a sprig of thyme, and one gill of white stock. Reduce to a glaze, add one pint of good gravy. Simmer for ten minutes and strain.

Soubise Sauce

Peel some onions, blanch them, and put them in a stewpan with some white stock just to cover them ; simmer till the onions are done, then reduce with the same quantity of white sauce as there is onion ; add a little pepper, salt, and cayenne ; pass through a tammy and serve.

Suprême Sauce

Put a quarter of a pound of butter into the stewpan, add when dissolved twelve white peppercorns, a little parsley, and two ounces of flour. Cook over

the fire, stirring all the time, for ten minutes, then add one and a half pint of white stock ; stir again till it boils, add the juice of half a lemon, a little salt, trimmings of mushrooms, and half a pint of cream ; tammy and serve.

Iced Swedish Sauce

Mix together half a pint of thick mayonnaise, two table-spoonfuls of grated horse-radish, a gill of whipped cream, and half a gill of aspic. Place on ice till wanted, then cut into little squares and serve.

Sweet and Sharp Sauce

(Italian recipe)

Take a good dessert-spoonful of castor sugar and pour over it two-thirds of a pint of vinegar. The Italians use one pound of pine kernels in this sauce, but if these are not to be had use half a pound of split sweet almonds. Put these with half a pound of currants and half a cup of grated chocolate into a stewpan, add the sweetened vinegar, stir and mix well, and place on the fire till it boils.

Tarragon Sauce

Take a small handful of tarragon and boil in a pint of milk. When soft, take it out. Chop up finely, pass through sieve, and mix with a small piece of butter. Melt an ounce of butter ; add half an ounce

of flour. Mix and add gradually the milk in which the tarragon was boiled. Let it boil up three times. Take off the fire and add the yolk of an egg beaten up with a little cold white stock, then add some of the tarragon purée and a table-spoonful of cream.

Tartare Sauce

Chop up the yolks of three hard-boiled eggs with a shalot, a tea-spoonful of chopped parsley, the same of chervil, a little salt, pepper, and mustard ; add a little salad-oil. Pound all to a smooth paste, put in more oil to thicken it, then enough tarragon vinegar to flavour it sharply.

Tomato Sauce

Skin the tomatoes and press out the juice. Sauté a couple of onions in butter, add the tomatoes, with a bouquet garni, half a chilli, a head of garlic, salt and pepper, a little cayenne pepper to taste, and cook gently for forty-five minutes. Pass through a sieve, put again into the stewpan and reduce. Thicken and boil up. It is best thickened with some brown thickening previously prepared.

Truffle Sauce

Mince the truffles finely and stew in butter, and add Espagnole sauce. Truffle parings are to be bought in bottles which are very handy for this sauce.

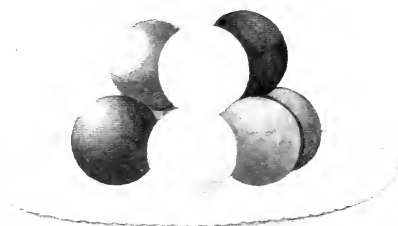
Villeroi Sauce

Warm some butter, stir in a little flour and white stock, add an onion stuck with cloves, some chopped ham, mushroom trimmings, and a bouquet of mixed herbs. Boil for twenty-five minutes. Pass through a sieve. Thicken with yolks of eggs and cream.

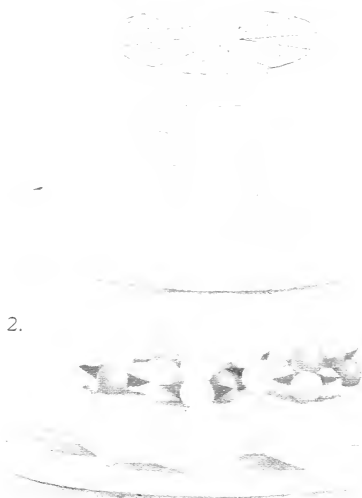
ENTREMETS AND SWEETS

‘Make your transparent sweetmeats truly nice
With Indian sugar and Arabian spice,
And let your various creams enriched be
With swelling fruit just ravished from the tree’

DR. KING



1.



2.



3.

4.

1. Ballettes à la Billard.
2. Chartreuse à la Reine.

3. Petits Gateaux à l'Elysée.
4. Ballettes à la Joujou.



SWEETS OF ALL KINDS

IN making sweet dishes of all kinds it behoves the cook to be patient and careful, and to have all the ingredients good, particularly eggs, cream, and milk, and to keep all the utensils wholly for that purpose. Sieves must be kept delicately clean, and always dipped into hot water before they are used.

To ice cakes and biscuits, icing sugar must be used, and should be either pounded or run through a sieve first, as it is often lumpy.

In whipping cream, if it comes slowly, the white of an egg whipped in will hasten matters.

There is a flat whisk similar in shape to a battle-dore, which, I find, whips cream better than aught else ; and the best egg-beater I have seen is a spiral elastic-wire one. A palette-knife is another necessity where much icing has to be done ; which knife is always useful, as it answers also for saucing fowls and other things.

In making creams, the less gelatine or isinglass should be used as possible because they make them so stiff. I think, if some calf's-foot jelly were mixed in with them, cooks would never wish to use the former again ; though perhaps, in the hottest weather, a very little might be used.

Apricot Cream à la Princesse

Make a cream in the usual way, flavoured with apricots rubbed through a sieve with a little noyau ; colour with apricot yellow colouring.

Have a mould with a fanciful top, in which put in some clear jelly with gold leaf sprinkled in whilst it is in a half-liquid state. When this is set, add in the cream.

When turned out, garnish with little tufts of pink and white jelly alternating round. (See Plate XXII.)

Apricot Solid

Take one dozen apricots, put them with the juice and sugar into a glass dish. Boil ten ounces of sugar in a quart of cream with a few peach-leaves. When it has stopped boiling a few minutes, pour it into the juice, but do not stir it too much. Strawberries can be cooked thus, and are very delicious, flavoured with lemon-juice : it is then called strawberry solid.

Ballettes à la Joujou

Take some ballette-moulds, make some calf's-foot jelly ; divide it into six portions ; colour one carmine and flavour with rum punch ; colour another portion with green, into which some cream has been mixed and flavour with maraschino ; another portion colour with pink, that is, cream mixed with a little carmine and flavoured with noyau ; another portion colour with apricot jelly, flavour with coffee and cream ; another portion with simply cream flavoured with vanilla, and

the last portion colour with damson blue mixed with cream to make a good blue, flavour with brandy or sherry. Put each of these portions into a ballette-mould, put on ice till firm, turn out, and then divide each ballette into six portions ; then join the six portions into three colours, such as red, green, and coffee, and put back six into each ballette-mould, varying the colours in each. Pour in just a *little* plain liquid jelly through the aperture and put on ice ; when again turned out, they will look like children's balls. (See Plate XVIII.)

Ballettes à la Billard

Make some clear jelly, divide it into eight equal portions ; flavour each differently and colour one red, one pink, one green, one yellow, one white, one blue, one brown, and one black.

The pink colouring is made by adding white cream to the jelly, which is coloured with cochineal ; white by mixing cream with the jelly ; blue by mixing damson-blue with cream ; brown with essence of coffee and cream worked into the jelly ; black, black-currant jelly in which a little gelatine has been mixed. Have eight ballette-moulds ready and fill them, a different colour in each. Put on ice ; when frozen, turn out and serve. (See Plate XVIII.)

Banana Blanc Mange

Soak an ounce of gelatine in a pint of cold water, add the strained juice of a lemon with half a pint of

castor sugar ; set over till dissolved, taking care it does not boil. Strain, and let it get cold. Take three bananas, mash them well and beat them ; then whip as stiffly as possible the whites of two eggs, which add to the banana pulp and beat again till well mixed. Now put in the gelatine, adding a little gradually, stirring and beating the whole time, for at least fifteen minutes. Set in a cool place till wanted, and serve with it custard sauce flavoured with blackberry brandy or plain brandy.

Surprise Mushrooms

(Champignons en Surprise)

Take some mushroom-moulds, line the bottom part with a cream flavoured with either vanilla or curaçoa. The upper part of the mould should be made with chocolate cream, and in the little cavity white cream must be placed. Put the parts separately on ice, and when set turn out the upper or chocolate-moulds and place them on the top of the lower moulds ; put on ice again, and turn out on a bed of green jelly flavoured with curaçoa.

If green curaçoa is used to flavour the jelly, it will not require any more flavouring. (See Plate XX.)

Barberry Cream

(Crème à l'Épine Vinette)

Take half a pint of barberry jelly and half a tablet of Chivers' calf's-foot jelly ; mix it with a pint

of whipped cream. Stir over a slow fire till the jelly is dissolved.

When removed from the fire, add a little cochineal, sweeten to taste, beat to a froth, and pour into a mould to set.

Brandy Cherries in Masquerade

Take a bottle of brandy cherries, drain the brandy from them, and dust them over with sugar and flour mixed.

Make an icing with the white of one egg and enough icing sugar to be sufficiently stiff, dip each cherry into this, holding the fruit by the stem. Lay them in the screen or some warm place to set. Should the cherries not be all well covered, retouch with the icing. When they are firm, arrange them tastefully in a dish with asparagus fern or maidenhair. (See Plate XXIII.)

Bordure à la Beaconsfield

The moulds for this entremet are to be procured at Jones Brothers.

Make a cake mixture by beating up three eggs and four ounces of castor sugar to a cream, add four ounces of flour and four ounces of dissolved butter, which must be nearly cold ; mix well and put into the little Savarin-moulds and bake. For the decoration of the mould prepare a custard with two yolks of eggs in a gill of milk and a piece of sugar, warm it on the fire, add a leaf of gelatine and some red

colouring, then let it get cold ; or apricot yellow may be used for the colouring. Line the bordure-mould with lemon jelly, and garnish the flowers on the top by means of an icing bag with the custard ; then line the mould with clear lemon jelly ; then place in the Madeleine cake and fill up with more jelly. When set, turn out and serve with either fruit or cream ice in the centre.

Californian Jelly

Take a couple of ounces of pistachio kernels, blanch them in boiling water for two seconds, then throw them into cold for the same time ; dry them in a cloth and rub the skins off ; cut the kernels into shreds as fine as possible.

Have ready some liquid but nearly set clear jelly flavoured with maraschino, then take some gold leaf (about five leaves) and blow it into the jelly and stir the leaf with a fork, breaking it into tiny morsels and stirring the whole time ; then add the shred pistachio-nuts, then place it into the mould or little moulds, and place on ice till wanted. (See Plate XXII.)

Twentieth-century Jelly

Make a pint of clear jelly flavoured with lemon, and before it sets, but after it is cool, whisk till it becomes white ; when it is almost set, whip in some brandy cherries which have been drained from the brandy. Fill a mould with this and set on ice and

turn out. A little of the jelly coloured red should be put into the mould first and allowed to set. A little of the brandy put into a cream-and-sugar sauce might be handed with it.

Chartreuse à la Reine

Line a plain round mould with pale calf's-foot jelly with alternate squares of lemon jelly coloured red and squares of jelly mixed with cream in a chess-board pattern. Decorate the top, as in the plate, with jelly and cream ; the jelly must be made stiff, so that it can be cut into the devices. Whip some cream, sweeten and flavour with fresh strawberries, and fill up the mould and put on ice ; when sufficiently frozen, turn out and decorate the centre with a little chopped jelly like a wreath, and in the centre of that pile a little whipped red jelly ; or a little fruit, such as two or three strawberries, can be placed in the middle with angelica cut in strips and placed like leaves, or a bunch of red currants, just as suits the decorator's taste. (See Plate XVIII.)

Coffee Cannelons

Mix four ounces of castor sugar with three table spoonfuls of distilled coffee essence and a dessert-spoonful of flour. Add the whisked white of an egg to make a paste. Take pieces the size of a walnut, and roll them out very thin ; place them on a buttered tin and bake in a moderate oven for ten minutes. Whilst

they are hot, turn them over a ruler to shape them and slip them on to a sieve to dry.

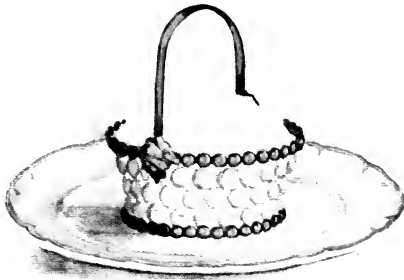
Corbeilles à la Nimrod

Make some Cassel puddings ; cut out the centres within a quarter of an inch of the edge, brush the outsides over with apricot jam that has been passed through a sieve, and then rolled in crushed centrifugal sugar.

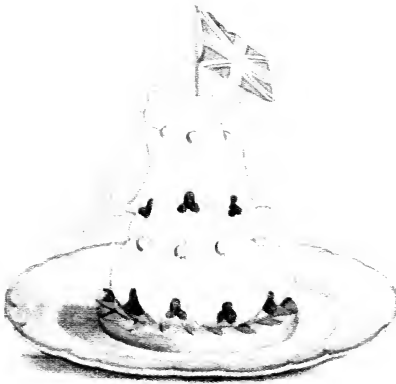
Fill the insides with brandy cherries, and with a rose pipe ornament the edges with a little white glacé icing, placing pieces of angelica cut into the shapes of leaves. Whip up some cream, flavour with cherry brandy, and pile on the top.

Corbeilles de Fantaisie

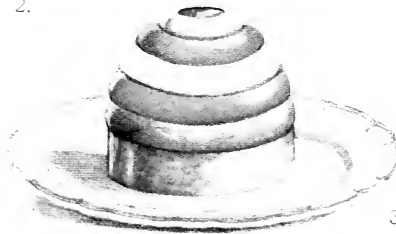
Weigh two eggs in the shell and take the same weight of butter sugar, and Vienna flour. Beat the butter to a cream, and whisk the whites and yolks together for ten minutes. Add the sugar, then the flour, also a little grated lemon-peel and a few drops of any nice flavouring essence. Place in small dariole-moulds and bake for twenty minutes. Turn them out, and when cold scoop out the middles, roll the outsides in apricot syrup, and then in centrifugal sugar or cocoa-nut. Whip some cream thickly, flavour with pineapple rum, and mix in pieces of pineapple and fill the cases with it. Cut some strips of angelica to form handles, and round the edge put



1.



2.



3.

1. Corbeilles de Fantaisie. 2. Coquembouche d'Orange.
3. Harlequin Jelly.

some hundreds and thousands on with a little white of egg. A few grated pistachio kernels can be sprinkled over the cream, and it makes a pretty effect to colour some of the cream pink and arrange the baskets alternately pink and white on the dish. (See Plate XIX.)

Compôte of Fruit à la Gènevoise

Take any kind of plain cake, cut off a slice from the bottom and put it on the dish it is to be served in. If the cake is round, cut it to a hexagonal shape ; if square, into an octagonal one. Then cut it into slices, stamping out the centres as uniformly as possible. This can be covered with a different coloured purée of jam and then covered with icing, each slice piled on the top of another, the last one having coloured icing on the top. Fill the cavity with a compôte of fruit, and on the top place a layer of iced fruit ; round the first or lower circle a few iced fruits should be arranged round.

Coquemousse d'Oranges

Take eight oranges, peel them and divide pulp into quarters, carefully scrape off *all* the white pith ; place the quarters evenly on a tin and let them dry in the kitchen for three or four hours. Take a pound of sugar, place it in a sugar-boiler with two gills of water ; when nearly dissolved, place it on the fire, adding a tiny pinch of cream of tartar. Boil it to

cassé, then take the pan off the fire and plunge the bottom into cold water to stop the boiling. Take up the oranges at one end and dip them into the sugar, then drain them and arrange the quarters singly on a pastry rack ; they must not touch each other. The sugar having cooled, take the quarters up and dip them with the side kept intact into the *cassé* sugar again. Have ready either a round of marchepain, nougat, or cake, about half an inch thick, and arrange the quarters of orange on according to Plate XIX., dipping them into the *cassé* sugar and white of egg so that they may adhere ; one row should be done at a time and allowed to set, then begin another row, &c. Fill the centre with whipped cream flavoured with orange. Ornament with glacé cherries and preserved violets to taste. Spin some sugar and ornament as in Plate. Spun sugar can be put instead of the flag, spun in the shape of a ship, harp, or any ornament.

Keep it in a *dry* place till required.

Corbeilles de Nougat

Blanch half a pound of almonds and cut each lengthways into narrow pieces ; lay them on a dish in front of the fire to dry. Melt in a pan a quarter of a pound of castor sugar, and when it becomes a pale brown mix in the almonds, when it should become a soft paste.

Make some small dariole-moulds very hot, oil them with almond-oil and put some of the mixture whilst soft in them, and with the oiled handle of a

teaspoon spread it round the mould as thinly as possible. When cold, turn out and fill with whipped cream flavoured with maraschino. On the top of each place a sugared violet with a pistachio-nut cut in halves, and place on each side of the violet to represent leaves. Make handles to the baskets by cutting strips of angelica and bending it across each basket.

Corbeilles à la Peg Woffington

Take six oranges, remove all peel and pith, divide the oranges into sections. Place these on a sieve and let them dry in the warm.

Take a pound of loaf sugar and put it into half a pint of water, let it dissolve, then place the saucepan on the fire and boil till the sugar cracks. Take then the pan from the fire and dip each section of the orange in it and place them separately on the pastry-rack.

Arrange these when dry in a round in rows, leaving a well in the centre with some melted sugar ; decorate with sugar violets, glacé cherries, and pistachio-kernels. Fill the centre with whipped cream flavoured with pineapple and make a handle across with red brochettes fastened together with sugar.

Cornucopias à la Sévigné

Have ready some cornucopia-moulds ; roll down some flaky pastry *very* thin, and cut it into pieces

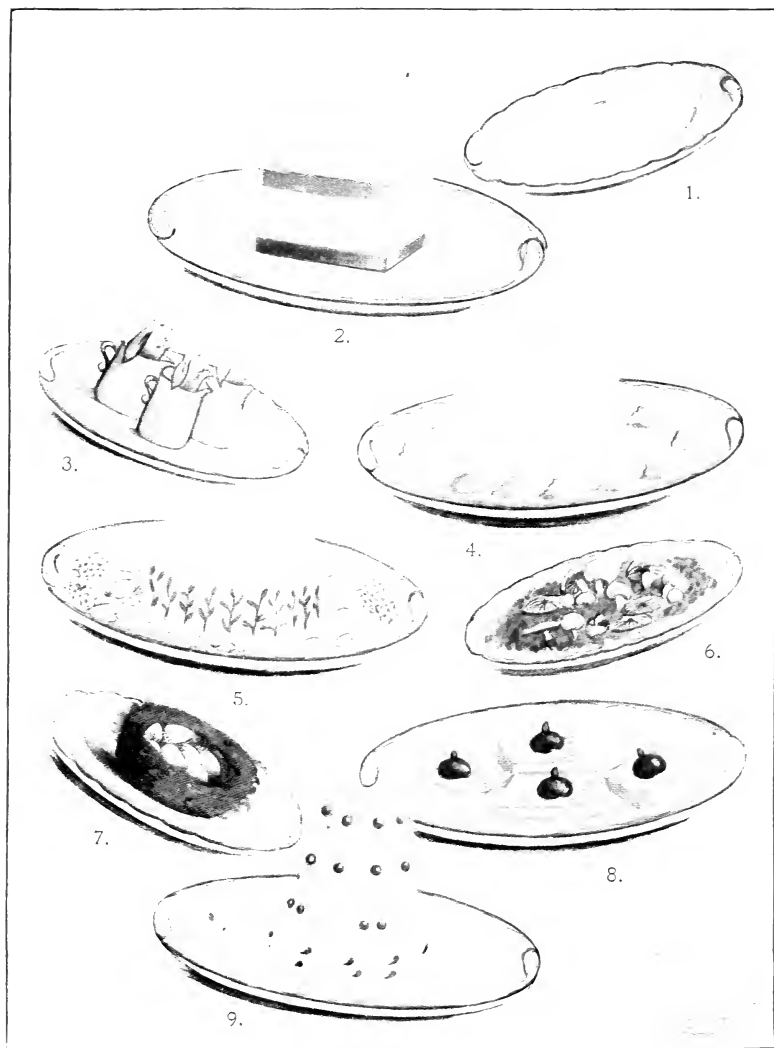
two and a half inches wide and ten inches long. Cut these again in two from corner to corner; lay the wide part of the paste slips to the wide part of the moulds and bind them round to the point, lapping the paste slightly over at each fold; wash over with water, dust sugar over from a dredger, and bake. When done, take out the moulds and set them on a pastry rack, and when cold lay in some whipped cream flavoured with any liqueur which may be preferred. (See Plate XXII.)

Crème à la Coralie

Make some wafers with four ounces of Vienna flour, eight ounces of castor sugar, and four eggs; then roll out at once. Rub a baking-tin with wax and place it in a quick oven. Cut out twelve circles and curl up when hot. Oil a charlotte mould and place the wafers round it, each touching the other brushing over the inside a little sugar and water. Stand on ice. When ready, turn out and fill with stiffly whipped cream flavoured with vanilla or liqueur. The tops of the wafers can be ornamented with powdered pistachio-nuts, and the whole may have, if liked, spun-sugar ornamentations.

Corbeilles à la Trilby

Put half a pound of lump sugar and a gill of water into a sugar-boiler and boil till the sugar becomes brittle. Peel five oranges, remove all the



1. Sweet Poached Eggs. 2. Neapolitan Cream. 3. Jugged Hare à la Surprise. 4. Rhubarb Jelly and Banana Cream. 5. Ocean Flowers. 6. Surprise Mushrooms. 7. Eggs en Surprise. 8. Rognons à la Curio. 9. Macedon Jelly.

white skin, divide them into their natural sections, remove the pips. Then dip each section into the boiling sugar, holding them on the point of a fine skewer. Oil a mould with sweet almond-oil and arrange the pieces of orange at the bottom and sides quite closely. Keep in a dry coolish place, and when dry and firm turn out the shape very carefully and fill up the centre with whipped cream. Sprinkle ground pistachio-nuts over all.

Corbeilles Fantastiques

Weigh two eggs in the shell, and take the same weight of butter, sugar, and Vienna flour; beat the butter to a cream, and beat the whites and yolks together for ten minutes, and mix them lightly with the butter; add the sugar, then the flour, also some grated lemon-peel and a few drops of some flavouring essence. Bake for twenty minutes in small dariole-moulds, turn them out, and let them get cold. Carefully scoop out the middles, cover the outsides with marmalade, and roll them in grated pistachio-kernels; put a dessert-spoonful of brandy cherries into each case, make a whip of cream, flavoured with a few drops of ratafia, and lay on the top of each case with cherries well piled up. Cut angelica in strips to form handles to the baskets.

Eggs en Surprise

Take a nest-mould and fill it with wine jelly coloured green and which has been chopped fine, put

it on ice for some hours, when it will all have clung together and turn out all right.

Have some egg-moulds, fill two of them with vanilla cream and one with coffee cream and let them remain on ice till frozen, then turn them out and place in the centre of the jelly-nest. (See Plate XX.)

Exeter Pancakes

Whisk separately the yolks and whites of three eggs, stir into them gradually one dessert-spoonful of Vienna flour and the same of castor sugar. When smooth, mix in half a pint of whipped cream flavoured with ratafia, pour into well-buttered saucers, and bake in a moderate oven for twenty minutes.

Arrange the pancakes one on the top of another with a layer of preserved cherries in syrup between each, and sprinkle sugar over all.

Frontignac Jelly

(Gelée de Frontignac)

Melt some of Chivers' tablet calf's-foot jelly, and add three gills of still moselle. Take a bunch of white muscatel grapes, and one of black Hamburg grapes. Put a mould on the ice and fill it with the jelly, adding alternately the grapes. Cover with a tin plate, on which put some ice, and leave it for two hours, then turn out and serve. (See Plate XXII.)

Gelée en Mascarade

(Jelly in Fancy Dress)

Make some calf's-foot jelly, or melt one of Lazenby's calf's-foot jellies. Colour it with sap green and flavour it with curaçoa. When the jelly is cold, whisk it to a froth, then fill a round border-mould with it and place it on ice. Take some egg-moulds, or, if not at hand, blow the contents from a new-laid egg. Whip some cream and add to it half its quantity in pale-coloured jelly, and sweeten to taste; divide it in half, and flavour one half with essence of coffee till it becomes the colour of a brown egg. Flavour the other half with maraschino. Fill half the eggs with the brown mixture, and the rest with the white; place on ice, and when frozen enough turn out. Turn out the green border and arrange the white and brown eggs in it, resembling a nest as much as possible. A few threads of spun sugar spun over the border add to its natural appearance.

Iced Soufflé

Take the yolks of six eggs, place them in a basin, and whisk them over a pan of hot water till they become light. Then whisk them over a basin of broken ice till cold. Mix in them a pint of whipped cream flavoured with a gill of serina liqueur and then the whipped whites of eggs.

Pour the mixture into the soufflé dish, surround it with a band of paper two inches higher than the dish, and place on ice for five or six hours. Just

before sending it to table sprinkle some grated ratafia biscuits on the top, also a few pistachio-kernels grated, and remove the paper and put it in the outer soufflé-dish.

Harlequin Jelly

Make some calf's-foot jelly, divide it into six portions, flavour and colour each differently—one white, cream and jelly mixed ; for pink, cream jelly and cochineal ; another red jelly, another green, another brown ; jelly, cream and essence of coffee mixed, leaving one portion, the natural jelly ; set all these on ice, and when *nearly* set whip each one separately, then leave on ice again ; then fill the mould with alternate layers of the jellies and put on ice again. (See Plate XIX.)

Gelée à la Printemps

Take a round mould with a pipe, and fill it with clear jelly flavoured with green curaçoa.

Whip some raspberry cream and pile it high in the centre of the jelly, and sprinkle the top with pistachio-kernels and powdered violets.

Jugged Hare à la Surprise

Butter some hare-moulds and fill them with Genoese cake batter, pressing it well into the moulds with the handle of a small spoon. Bake, then turn

them out and leave till next day. Then trim level at the back. Make some little jugs in almond paste, dry them in a cool oven, decorate with pink piping. Put a teaspoonful of strawberry jam into the bottom of each jug, put one of the little hares into each jug, with the head and shoulders showing, stick a morsel of dried cherry with icing into the eyes, and dish up. (See Plate XX.)

Macédoine of Fruits

(Macédoine aux Fruits)

Take some strawberries, half a pound of raspberries, the same of red and white currants, the same of cherries, the same of grapes, some apricots cut in quarters, pieces of pineapple and melon, bananas, apples, plums, peaches, figs, &c.

Free all from their stalks, then put them into a rich syrup (see under 'Syrup,' p. 224); flavour with either maraschino or noyau and a little brandy; colour the syrup with a little carmine, and serve in a glass dish arranged prettily to blend the colours. Add to the fruit one of the bottles of fruit in syrup sold by all grocers; the bananas should be cut in rounds about half an inch in depth. Whipped cream may be mixed with it if desired.

Macedon Jelly

Wet a mould with cold water, then pour into it a little dissolved calf's-foot jelly and allow it to cool. Place in the hollows of the mould grapes, slices of

bananas, then pour in another layer of jelly and let it set. Add more fruit, also crystallised violets and rose-leaves. Continue till the mould is full; put on ice, and, when cold, turn out and serve whipped cream round it. (See Plate XX.)

Mulberry Jelly

Mash the mulberries and pass them through a sieve, then put the juice into a preserving-pan and reduce it. Add twelve ounces of loaf sugar to each pound of juice; boil it till it leaves the sides of the pan, and put it into small moulds. When set turn out. This makes a very nice dessert sweet.

Neapolitan Cream

Put half an ounce of leaf gelatine into a small saucepan with a gill of cold water to soak, next place it on the fire and stir till the gelatine is melted. Whip to a stiff froth a pint of double cream and stir into the gelatine through a strainer; divide the cream into five equal parts, and put each part into a separate basin. Mix two table-spoonfuls of made coffee into one, a table-spoonful of maraschino or white curaçoa liqueur into a second, three table-spoonfuls of pounded pistachios tinted with sap-green colouring into the third, two table-spoonfuls of strawberry jam passed through a sieve coloured with a little cochineal into the fourth, and into the fifth two table-spoonfuls of apricot jam passed through a sieve and coloured with apricot yellow and the smallest quantity of

saffron yellow. Have a Neapolitan mould ready, and, if one is not handy, use a plain round mould and put a layer of lemon jelly coloured red at the bottom. When this is set, add one at a time the different creams in layers, waiting till each has set before putting in another. Put on ice for three hours, turn out, and ornament with sugar violets and glacé cherries. (See Plate XX.)

Orange Chartreuse

Make a quart of orange jelly. Take some tangerine oranges, peel them and divide them into sections, clearing away all white skin and pips. Melt the jelly enough to pour out. Have two plain round moulds, one an inch larger in diameter than the other. Pour a very little of the jelly at the bottom of the larger mould, let it set, then place on it some of the quarters of oranges in rounds ; cover with more jelly, but only enough to get a plain service. Lay on ice to set ; when quite firm, place the smaller mould inside, oiling the bottom which touches the jelly with sweet oil. The mould must be very accurately put in. In the space between the mould place quarters of orange, and then jelly, and so on, till the mould is full, but at each layer the mould must be put on ice. Whip up a pint of cream, flavour with some pulped and sweetened orange which has been tammied, dissolve half an ounce of isinglass in a very little milk and add to it ; remove the inner mould by pouring warm water into it. Fill up the inner space with the cream set on ice, and turn out.

Ocean Flowers

Make some jelly with white leaf gelatine sweetened to taste, flavoured with maraschino.

Take some little fish moulds and fill them with vanilla cream coloured with Marshall's cherry red, into which some silver leaf has been sprinkled, and put them on ice for three hours. Take a plain round mould, chemise it with the white jelly; when it is set, put in a little more of the white jelly and put on ice. Turn out the little fish-moulds and place them on the jelly as if swimming, placing just a little jelly in to keep them in place. Put again on ice and add more jelly to the depth of an inch and a half, put on ice again, place on more fish and ice, and then more jelly and so on till the mould is full; when cold, turn out and dish and place round the base some whipped cream coloured green. Arrange it roughly to look like waves, and here and there place a little stiffly beaten white of egg to look like foam, and garnish with little shells of pink cream around. (See Plate XX.)

Oyster Surprise à la Baden Powell

Take some oyster-moulds and line them with some very pale calf's-foot jelly. Make some vanilla cream and place a piece the size and shape of an oyster in each mould, edged round with a little *pale* chocolate cream. Place on ice to set, then turn out and serve up on a mound of strawberry cream. Garnish with quarters of lemon made with gelatine

and sugar, which are to be bought at most confectioners'.

Orange Sandwiches

Grate the yellow skin of an orange, then squeeze out the juice. Put half a pound of flour, three ounces of sugar, and two ounces of butter into a basin and sift into it half a tea-spoonful of soda ; rub the butter and flour well together till it is quite a paste. Put the yolks of three eggs into a basin, beat well, add the grated orange-juice and rind. Mix thoroughly, then add one tea-spoonful of cream of tartar and mix again ; pour all into the basin with the flour, &c., and mix well. Beat the whites of the three eggs till stiff and stir them in ; pour all into two well-buttered sandwich cake-tins and bake till ready. When cool, split, and spread with a mixture made thus :—One orange, three ounces of icing sugar, one white of egg. Grate the orange-rind, press out the juice and mix the sugar into it, beat the white stiffly and stir in. Spread it over the cakes ; put the two sides together and cut neatly.

Pear Mould

Take a tin of Bartlett pears or those sold in bottles, and arrange them in a mould in tiers, the pear to be turned in an opposite direction in each tier. Put the syrup into a saucepan with half an ounce of melted gelatine, a table-spoonful of lemon-juice, three ounces of sugar, and boil up till it becomes a rich

thick syrup ; add a wineglass of maraschino with a few drops of cochineal, and strain over the pears ; put on ice for three or four hours and turn out.

Pears à la Sévigné

Put into a stewpan four yolks of eggs with six ounces of castor sugar, work well with a wooden spoon, and dilute the mixture with a pint of milk flavoured with vanilla ; stir over the fire till it thickens, without letting it boil ; add three boiled and mashed pears and rub through a hair sieve ; add half a glass of liqueur and set to freeze. When properly frozen, take a spoon and mould some of the ice into the shape of a pear, cut it open with a knife, introduce into the centre a little apricot jam, a few dry currants to represent the pips, and place a piece of angelica to imitate the stalk. Make a pistachio ice-cream, rub it through a sieve to imitate moss, and dish the pears on it.

Pineapple Bavarian Cream

Take one of the cheap West India pineapples, peel it and grate the fruit ; cook it in a quarter of a pound of sugar ; add one ounce of leaf gelatine melted in milk and the juice of an orange. Leave to get cold, then put in half a pint of cream, and place in a deep border-mould on ice. When ready, turn out and decorate with the natural leaves of the pineapple in the centre, and serve round the mould with chopped pineapple and syrup.

Pineapple Layer Cake

Beat half a pound of butter to a cream, add half a pound of castor sugar, mix and beat well together ; add the yolks of five eggs, six ounces of flour, two ounces of cornflour, and a tea-spoonful of baking powder. Beat well, then mix in a tea-spoonful of essence of vanilla and two table-spoonfuls of sherry. Grease three round tins and pour in the cake mixture and bake in a fairly quick oven for fifteen minutes. When done, turn out the cakes to cool for a few minutes. Take some chunks of pineapple and slice them very thinly. Beat the whites of two eggs lightly and add four table-spoonfuls of powdered sugar, and continue beating till stiff enough to stand alone. Put a layer of this over the top of one cake, then a layer of the sliced pineapple ; stand another cake on the top, put the remainder of the white beaten eggs over the top of this cake, then another layer of apricots. Place the remaining cake on the top of this, press down lightly, and dust the top over with castor sugar.

Pineapple Soufflé

Take a quarter-pound of potato flour, a quarter-pound of butter, three ounces of powdered sugar, a quarter-pound of pineapple chunks ; warm this mixture on the stove, stirring till quite smooth, then add half a pint of milk and half a pint of cream.

Take the yolks of six eggs and mix them in one by one ; beat the whites to a stiff froth and add, then

fill the soufflé-case with this mixture. Bake for about twenty minutes and serve before it falls.

Pistachio Cream

Blanch some pistachio-kernels, say a pound, put them into a mortar with a wineglassful of cognac and beat them to a paste. Then add a quart of whipped cream into which a few sheets of dissolved gelatine have been put, and a table-spoonful of castor sugar ; colour with a little of Marshall's sap-green colouring till it is a pale pretty green.

Ornament the top of the mould with clear jelly, then put in the pistachio mixture, put on ice, and, when cold, turn out and place a few crystallised violets daintily on the top.

Pyramid of Peaches

Cut some sponge-cakes in rounds, soak them in brandy or rum, place on each the half of a peach, in the centre of which place the kernel from the peach-stone. Make some thick syrup, flavour with brandy and curaçoa and pour over ; spin some sugar and ornament it with.

Iced Raspberry Fool

Pick and stalk one pound of raspberries ; stew them in half a pint of syrup until tender, then rub through a hair sieve ; add some cochineal and a pint of good cream, and freeze in an ice machine.

Make the syrup of two pounds of white sugar with half a pint of water whisked up with a tea-spoonful of the white of an egg ; let the sugar dissolve, stirring it up ; then put the pan on the fire and stir it with a sugar-spoon till it boils ; put it on the side of the fire, and as it boils add at different times another quarter of a pint of water ; this causes the egg to come to the top, and after two minutes' boiling the syrup will come quite clear ; then strain it through a napkin and it will be ready for use.

Raspberry Jelly à la Dieppe

Make some raspberry jelly with a pound of raspberries and a pint and a half of raspberry syrup, strain through a fine tammy, add an ounce and a half of clarified gelatine made with a pint and a half of hot water, have ready a mould, and pour a little of the jelly in it and place on ice. When it is set, make a layer of white currants and cover with jelly and let it set ; then add another layer of red currants and jelly until the mould is full, then imbed in ice till cold enough to turn out. (See Plate XXII.)

Rhubarb Jelly and Banana Cream

Cook a pound of rhubarb with half a pound of sugar, a table-spoonful of lemon juice, and three-quarters of an ounce of gelatine, mix in half a pint of cream, colour with a little cochineal. Take half a dozen or eight bananas, remove the skins, and pass the fruit

through a tammy ; add the juice of an orange, a quarter of a pound of sugar and three-quarters of an ounce of gelatine, and half a pint of cream. Have ready a mould, and place these pulps in it in layers.

A little apricot yellow added to the banana mixture is an improvement. (See Plate XX.)

Rognons à la Curio

Cut some Madeira cake into neat squares, soak them in cherry brandy, and arrange them in a silver entrée dish. Make a mixture of half cream and half lemon jelly, which has been streaked with a feather dipped into cochineal, then cut into slices the size and shape of slices of bacon and lay on the brandied cake.

Make some coffee cream well stiffened with calf's-foot jelly and put it on ice ; when cold, cut it into the shape of sheep's kidneys and lay it on the imitation bacon. A few finely minced pistachio-kernels should be scattered in the centre of each kidney to imitate parsley. (See Plate XX.)

Royal Pudding

Make a custard with a pint of milk, sugar to taste, half an ounce of gelatine, and three yolks of eggs. Set a mould with glacé cherries and strips of angelica, then put in a little of the custard mixture till it cools. When cold, have ready three sponge-cakes soaked in sherry and brandy, place these in the centre of the mould, and when the mixture is nearly cold add citron cut small, sultanas and glacé cherries, a table-

spoonful of brandy and a tea-spoonful of vanilla essence to the custard ; mix lightly together ; put it round inside the mould so as not to displace the cake ; put on ice and turn out. The sultanas should be steamed and not used till cold.

Pudding à la San Toy

Make a good custard flavoured with vanilla and sweeten to taste, strain and add half a pint of cream, a gill of maraschino, the juice of half a lemon, and a little gelatine dissolved in milk. Put the whole into a pretty pudding-mould and place on ice, then turn out and ornament it with little rosettes of whipped red jelly and sugar violets.

Strawberry Pudding

Make two pints of strawberry purée and mix with it three-quarters of a pound of castor sugar. Melt one and a half ounce of gelatine in a gill of milk. When nearly cool, strain it through a tammy into the purée, stirring it well. Decorate a plain round mould with almonds and pistachio-kernels in pretty designs, put it on the ice, and when the decorations are set, fill in the purée, and let it remain in ice till required, when it can be turned out and clotted cream served with it.

Sweet Poached Eggs

Take a sponge-cake and cut it into slices about half an inch thick, stamp them out into neat rounds

with a cutter, and let them soak in brandy for a little while. Mix some cream and calf's-foot jelly together (of course the jelly must be melted), the cream flavoured with a little apricot syrup ; put the cream into a large flat dish to the thickness of about an inch, place the cream on ice till firm ; when it can be cut into rounds with a cutter, put these rounds of cream on the round of cake, and take some apricots from a tin of preserved apricots. Let them drain from the syrup and place one on each round of cream. (See Plate XX.)

Strawberries en Paradis

Take some fine large strawberries and place them in a quart mould ; sugar them well after stalking them. Cover them thickly with either Devonshire cream or thickly whipped cream. Put buttered paper over the top tightly and immerse them in ice for ten hours, then turn out. This is a most delicious dish.

Trifle à la Old Century

This must be prepared nine or ten hours before it is required. Take a pound sponge-cake rather stale a quarter of a pound of each of greengage, apricot and strawberry jam, a quarter of a pound of orange marmalade, half a pint of marsala or raisin wine, a wineglassful of brandy, the same of curaçoa and ginger wine, five ounces of loaf sugar, six fresh eggs, one pint of milk, half a pint of thick cream (Devon-

shire cream preferred), two ounces of blanched sweet almonds, one ounce of ratafias, and a teaspoonful of vanilla essence. Cut the cake into five slices. Put the top slice aside and spread the other four with the different jams. Put two ounces of sugar into the wine, mix the brandy and liqueurs in also; lay the ratafias in a glass dish, and on them the bottom slice of the cake. Pour a little of the wine over them, put on another slice of cake on the top of the other, and more wine and so on till the cake is built up; keep pouring the wine over till it is all used up. Make a rich custard flavoured with brandy, let it get quite cold; cut the almonds in pointed slices, stick the top of the cake with them, and when ready to serve pour over the custard.

Walnuts, to Candy

Shell the walnuts carefully without breaking them, remove the skins by putting them into boiling water, then throw them into a glassful of sherry, afterwards put them into clarified sugar just heated and flavoured with a little rose-water. Put them into a stewpan over the fire for five minutes, letting them simmer slowly. Next draw the saucepan aside, and when the mixture is nearly cool take the walnuts from the syrup and set them on a dish to cool. Sprinkle castor sugar over them.

SAVOURIES AND HORS-D'ŒUVRES

‘Elements ! each other greeting,
Gifts and powers attend ye meeting’

The Pirate

SAVOURIES AND HORS-D'ŒUVRES

IN speaking of savouries and their cousins hors-d'œuvres, I have little to say beyond giving a few recipes, as of course it is care only in the cooking and garnishing that makes these little dainties so appetising. Aspic jelly is one of the principal factors in cold savouries, also the fineness of the chopping of parsley, egg and lobster coral, which are mostly used. Parsley should be dried, white and yolks of eggs rubbed separately through a fine sieve, and lobster coral pounded in a mortar ; lobster spawn should be placed in a muslin bag and dipped in a saucepan of boiling water till the proper colour is obtained, and then dried and pounded, unless it is desired to sprinkle the dainties with it whole.

I have not given many savoury recipes, as the little volume 'Savouries à la Mode' devoted to savouries leaves but little more to say.

Anchovy Trifles

Make some anchovy biscuit-paste, cut it into rounds the size of half a crown ; on that place a curled and boned anchovy. Have ready some whipped cream flavoured with cayenne and a *little* essence of

anchovy, and put on the top of the anchovy in a rocky fashion. This makes a good hors-d'œuvre as well as a savoury.

Baskets à la Savarin

Make some short paste into which a little anchovy cream has been introduced ; line some basket-moulds with it and bake, and fill them when baked with anchovy cream flavoured with cayenne, and curl a boned anchovy on the top. Make paste handles to the basket. This is a very pretty and tasty dish. Garnish with cress.

Brioche à la Devon

Take three table-spoonfuls of mayonnaise sauce, some finely chopped celery, a small shalot, well-pounded pieces of lobster, anchovies, sardines, prawns or shrimps, and oysters, a little tarragon and chervil finely minced. Mix these ingredients with the mayonnaise sauce and fill the brioche-cases (which are best bought) ; run butter through the forcer round the edges of the cases.

Stand them on Montpellier butter (see this in 'Savouries à la Mode'), strew lobster coral and hard-boiled yolks of eggs passed through a sieve on the top of each. Serve with chopped aspic round.

Caviare Sandwiches

Take two table-spoonfuls of caviare, place it in a basin, mix it with some finely chopped shalot the

juice of half a lemon and a pinch of cayenne pepper ; stir these thoroughly together. Butter some thin slices of brown bread, spread with the above mixture, pressing them together sandwich-fashion ; cut them into three-cornered pieces and serve as a hors-d'œuvre.

Croûtes à la Dunkeld

Cut some rounds of bread the size of a five-shilling-piece, fry them a pale colour. Take some remains of grouse, curry them and chop fine ; place some in a little mound on each croûton and scatter hard-boiled white of egg over, which has been passed through a fine strainer ; sprinkle a very little dry parsley over each ; send to table very hot.

Cucumber and Prawn Salad

Take some prawns and skin them, or use the prepared Barathea prawns, soak them in mayonnaise, pile up in a mound, and serve cucumber cut into pea-shapes round in clumps, and which have been coated with aspic jelly.

Darioles à la Como

Take some little fluted dariole-moulds and mask them with very pale aspic. Cut some truffles into fanciful small shapes and decorate the moulds with them, adding a little more aspic to do so. Put on ice till

set, then fill the moulds with an ounce of Parmesan cheese, one ounce of Gruyère finely grated, a very little cayenne, salt to taste. Stir into this half a pint of whipped cream, into which a little of the aspic has been added and flavoured with a few drops of essence of anchovy. Put on ice. When set, turn out and serve with pink aspic jelly arranged in little heaps round, sprinkled with a little parsley chopped as fine as dust.

Devilled Oysters

When the oysters are opened, retain them and their liquor in the deep shell. Insert cayenne pepper and salt to taste, and put the shells on the gridiron with a piece of butter on the top of each oyster. With a clear bright fire it will take three to four minutes to cook them.

Brown bread and butter should be served with them.

Medallions of Foie-gras à la Rosière

Make a pretty rice socle in a border-mould coloured a deepish yellow. Make one in a similar but smaller mould. When ready turn out and place one on the top of the other and make some medallions of foie-gras well truffled, masked in white aspic cream decorated with a truffle cut like a rose in the centre. Arrange them in two tiers and surmount the top with whipped aspic jelly sprinkled over with finely-grated pistachio and truffle. (See Plate V.)

Eggs à la Besciamella

Take three ounces of butter, three small onions, and a large bunch of parsley. Cut the onions in very fine slices and mince the parsley finely. Put these into a stewpan with a small quantity of very fine flour, add two gills of milk and two of cream. Boil and stir gently till this sauce is sufficiently thickened. Boil ten eggs hard, throw them into cold water, remove the shells, and then take away the white of the eggs, leaving the yolks whole.

Cut the whites into strips and add to the sauce. Garnish a dish with very slightly fried sippets, put the sauce in the centre, and on it arrange eight of the hard yolks, having first dipped them in clarified butter, and then into fine bread-crumbs and grated Parmesan.

Put the remaining yolks through a sieve and scatter them equally over the other eggs. Let the dish bake in a slow oven for half an hour, and serve.

Great attention is required in the baking.

Fish Balls à la Bizarre

Pound in a mortar some dried cooked haddock with butter, a quarter of a pound of each ; add a little paprika ; form into balls the size of golf-balls, roll them in beaten egg and fry them. Have ready separately some very finely powdered parsley, some powdered lobster coral, some yolk of egg, hard-boiled and sieved, and the white chopped hard. Roll some

in the coral, some in parsley, some in the yolk, and some in the white. Arrange them in a pyramid, assorting the colours prettily. (See Plate XXI.)

Fromage à la Suède

Take six ounces of grated Gruyère cheese and a table-spoonful of corn-flour and put them into a basin. Mix well, add a pinch of salt and cayenne ; stir in the yolks of two eggs, a table-spoonful of cream, and a table-spoonful of clarified butter. Work this mixture till smooth, then pour it into a stewpan and stir over the fire till it thickens, and then let cool. Roll out some rough puff paste, cut it into neat strips about three inches long and one broad. Spread the cheese mixture evenly on the paste. Place another strip on the top. Brush over with beaten egg, and bake for a quarter of an hour.

Kippers à la Sutton

Take some kippered herring which has been fried and freed from bones, mince it small, and place it in a mortar with a piece of butter, a little minced parsley, the yolk of a hard-boiled egg, a tea-spoonful of anchovy sauce, and a table-spoonful of cream ; form it into pyramidal shapes, place it on fried croûtons, and decorate with a tiny leaf of parsley on the top.

If cream is not handy, whip up the white of egg with a little salt and place decoratively on the top of the pyramids.

Lamb Sandwiches

Line some sandwich-moulds with aspic jelly flavoured with mint ; when set, lay on the jelly some very thin slices of cold lamb, on which lay some shreds of cucumber, cover with more of the jelly, and put on ice ; then turn them out on a bed of lettuce shred very fine and decorate with cucumber cut to pea shapes, and moistened with French salad-dressing.

Lobster Salad

(Superior)

Make a good stiff mayonnaise sauce, lay the white leaves of a lettuce at the bottom of the dish, cover with mayonnaise, then lay on some pieces of lobster neatly cut, then some more lettuce finely shred and more sauce, then another layer of lobster, and cover thickly with mayonnaise ; decorate round with a row of cucumber cut thin, and on each piece of cucumber place a thin slice of a small radish. Place another row beyond the cucumber of little rounds of beetroot alternately with quarters of hard-boiled eggs (little designs such as leaves of white aspic can be arranged on the mayonnaise), then a sprinkling of lobster coral ; insert in the middle to stand upright a spray of the white of endive, and on either side arrange some of the lobster antennæ. (See Plate IV.)

Macaroni alla Napoli

Take some clear soup and mix with it some tomato paste, boil it till it becomes the thickness of cream and pour it over a pound of macaroni which has been boiled in milk and strained ; sprinkle a little Parmesan cheese over it. Be sure to get the *real Naples* tomato-paste for this dish.

Mushroom Soufflé

Steam a dozen mushrooms, tammy them, and stir in two ounces of bread-crumbs and the same of butter, a squeeze of lemon and a spoonful of mushroom ketchup. Stir till it boils, then take off the fire and stir in the yolks of three lightly whisked eggs ; add the whites, which must be beaten to a very stiff froth, and mix in gradually. Pour the mixture into a buttered soufflé-dish, bake from twenty to thirty minutes and serve quickly.

Oysters à la Flamande

Roll the oysters singly in yolk of egg, then dip them in grated bread-crumbs and white pepper one by one, and fry them in butter. Serve with white sauce in which the liquor from the oysters has been strained, and the juice of a lemon.

Oysters à la Montreal

Make a batter as for fritters, in which mix a little of the oyster liquor and a little cayenne ; sprinkle the oysters with lemon-juice, dip them one by one in the batter and put in a frying-basket and fry quickly. Serve in a heap as hot as possible.

Oyster Pancakes

Take a dozen oysters, or as many as may be required, beard them and sprinkle them with a little cayenne and a few drops of lemon-juice, then dip them into a good batter and fry quickly in the usual way ; this will make six small pancakes. Lobster pancakes may be made in the same way, dividing a lobster into neat pieces. Another way would be to make the pancakes in the ordinary way and place the oysters inside and roll them over.

Oyster Soufflé Iced

Take twenty-four deep-sea oysters, mince them, and rub them through a wire sieve. Blanch and beard a dozen more and cut each into four pieces.

Put two ounces of flour and one ounce of butter into a stewpan and mix well together over the fire, then add a gill of the oyster liquor and stir till it thickens ; then add half a pint of whipped aspic jelly.

Place the oysters into a mortar and pound them

well together, adding two yolks of eggs, a little salt, cayenne, six drops of essence of anchovy, and a gill of cream ; beat the whites of three eggs to a stiff froth and stir them into the mixture very lightly, then put in the oyster pieces. Line a mould with aspic jelly, and put this mixture inside and freeze. Garnish with chopped aspic.

Parmesan Tartlets

Line some tartlet-tins with puff paste. Take two ounces of cream curd, one ounce of butter, and mix very smoothly ; add two ounces of flour and one and a half ounce of grated Parmesan cheese with not quite a gill of milk. Cook over the fire till the mixture does not cling to the pan. Remove from the fire and beat well in three small eggs, one at a time, and fill the tartlet-tins with this mixture.

Poached Eggs in Puff Paste

Poach four to six eggs, trim and let them get cold. Make a mixture with a teaspoonful of chopped capers, gherkins, olives and parsley, a little essence of anchovy worked smoothly into some good thick cream, as much cayenne as will lie on the top of a sixpence, and a squeeze of lemon-juice ; the latter added very slowly. Work all the ingredients quickly ; enclose each egg with some of the mixture into a small cover of puff paste. Bake in a quick oven.

Pork au Nid

Take a nicely shaped savoy, cut out the stalk and the centre, leaving it looking like a nest, which fill with pork cut into dice shapes and soaked in Robert sauce or tomato sauce ; put over the fire and steam till the cabbage is cooked. Have some onion and stuffing-balls ready, which arrange in heaps round the cabbage, alternating with stiff apple sauce. (See Plate XXI.)

Prawns au Naturel à la Mode

Prawns are generally dressed on a lemon, but a novelty is to send them up in little silver shrimp-nets. When they can be handed round, hanging to these nets are little prawn-servers in the shape of boathooks. The nets can be used also to serve watercress in when handed with cheese. (See Plate XII.)

Royal Omelets

Take six eggs, two soft roes of fresh herrings, three chopped truffles, two cockscombs, and one kidney, and sauté them in butter. Stew the truffles in half a tumbler of champagne and dust the other ingredients with flour and stew them. After which mix all together. Make an omelet in the usual way with the eggs. Place half the mixture in the omelet, fold it up, and serve the remainder of the ingredients round it.

Russian Tartlets

Make very light pastry and line some tins with it. Then take some oysters scalded in their own liquor, one grated table-spoonful of horse-radish, one gill of stock, some lemon-juice, one table-spoonful of vinegar, one gill of white sauce, and one tea-spoonful of capers, half a gill of the oyster liquor, and a very little salt. Let all these boil a few minutes. Then add off the fire the yolk of an egg whisked up; now add the oysters, then put pieces of lobster, sardines and anchovies at the bottom of the tartlet-cases, and fill up with oysters and sauce. Sprinkle over each lobster coral and parsley rubbed through a sieve and a few capers. Make hot in the oven for ten minutes and serve *at once*.

Sardines à la Madras

Stamp out some rounds of bread the size of a florin and half an inch thick, fry them a pale brown and lightly, so that they may be soft. Then spread them with a mixture made with a table-spoonful of sardines, butter, cream, and a sprinkle of curry powder mixed to a paste. Add half a tea-spoonful of French mustard, a dust of paprika, and a salt-spoonful of grated lemon-peel. Beat this up and spread it on the fried bread, arranging it into neat little pyramids with a knife dipped in hot water; place in a hot oven for three minutes, and garnish the centre of each with half a farced olive and serve.

Sardines à la Valetta

Stamp out in rounds, the size of a florin, slices of Hovis bread, and pound up together six or eight sardines (removing their skins first) with the yolks of a couple of hard-boiled eggs and an ounce of butter. Then spread some on the slices of bread ; chop up some mustard and cress and radishes, finely sprinkle with a little oil and vinegar, and put on another slice of bread. Then spread the top of each with aspic jelly and sprinkle over the finely-chopped white of egg, and over that some coralline pepper.

Savoury à la Primrose

Cut some croûtons the size of a crown piece, fry lightly and moistly.

Take a shalot and fry it in butter, bruising it first ; add two or three eggs, a little more butter, a trifle of parsley, and the pulp and juice of a tomato ; scramble them all up together, stirring with a fork in the way scrambled eggs are done, and place some on each of the croûtons.

Savoury à la Ravissante

Cut some pieces of bread three inches long and one wide half an inch thick. Hollow out the centre and fry ; fill the centre with the soft roes of fresh herrings, with an oyster in each, which must be sautéed in butter for a minute or so ; one squeeze of a lemon

should be added just before serving, with a dust of cayenne. These must be served *very* hot.

Tartlets Bizarres

Take some tartlet-pans and line them with puff paste ; bake them and roll out some very thin paste, and place across so as to make four divisions ; fill one division with anchovy cream, in the second lobster cream, in the third oyster or Parmesan cream, and in the fourth tomato cream. Sprinkle, according to taste, lobster coral and parsley over.

Arrange the tartlets on a bed of chervil garnished with small French radishes. (See Plate XXI.)

Titbits à la Mikado

Cut some bread into little squares about two and a half inches square and a quarter of an inch thick ; fry them in clear butter, then spread them with tomato butter (not too thickly), then lay a broiled mushroom on each ; pepper and salt to taste. Strain the white of a hard-boiled egg over, and on the top of that a little of the yolk to the size of a shilling, and on the top of all a light sprinkling of parsley.

Tom Thumb Soufflés

Take some china ramequin-cases, butter them and break an egg into each ; season with pepper, salt, finely minced parsley and chives, and a little grated Parmesan and bake in the oven for a few minutes.



1.



2.

3.



4.

1. Tartlets Bizarre.

2. Cigarettes à la Royale.

3. Fish Balls à la Bizarre.

4. Pork au Nid.



Iced Tomato Curry

Cut some tomatoes in slices, cook them slightly ; chop a small onion and a shalot small and fry them in butter ; add a heaped-up dessert-spoonful of curry powder, half a tea-spoonful of anchovy sauce, a table-spoonful of desiccated cocoa-nut, a little cayenne, and four table-spoonfuls of good gravy. Simmer all together except the tomatoes for half an hour ; then add the tomatoes and a tiny piece of sweet chutney ; put on ice, and serve with iced boiled rice.

Tomato Jelly and Bloater Roes

Cook two pounds of tomatoes ; when cooked, add half a pint of aspic jelly, pour into a cold round border-mould and put on ice. When cold, turn out and fill with bloater roes that have been cooked in butter and rolled in whipped cream flavoured with a little cayenne.

Toronto Moulds

Boil some macaroni till tender, butter some dariole-moulds and line them with it. Mince the remains of any kind of game or poultry with a little tongue and a few chopped mushrooms, pistachio-nuts and truffle peelings ; season to taste ; add a very little Parmesan cheese with sufficient velouté sauce to make a stiff paste ; fill the moulds with the mixture and steam for three-quarters of an hour ; turn out and serve with tomato sauce. These can also be served cold ; if the latter, serve tomato salad with it.

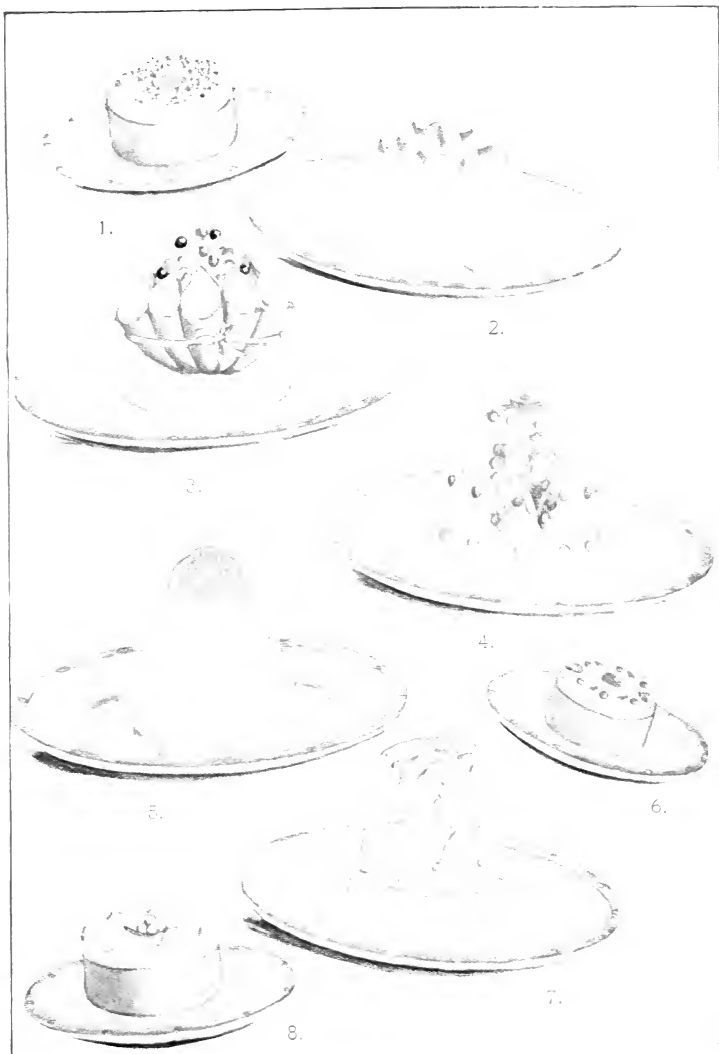
Truffles à l'Italienne

Melt four ounces of butter, add two ounces of the best salad-oil, a little parsley, a shalot, a small onion, a clove of garlic, and fry all together.

Peel the truffles very carefully, cut them into slices and add them to the fried ingredients; add pepper and salt to taste. When well mixed, add a pinch of flour and a little boiling fish stock. Add a tumbler of boiling champagne and stew slowly till all is cooked. Fry some sippets and pour the contents of the stewpan over the fried bread; place more sippets at the edge of the dish and garnish with lemon. The shalot, &c., must be finely minced and the garlic taken out before the truffles are added.

CAKES, &c.

‘ The reward that sweetens labour ’



1. Cake aux Pistaches. 2. Californian Jelly. 3. Cornucopias à la Seigné. 4. Frontignac Jelly. 5. Apricot Cream à la Princesse. 6. Cake à la Cerise. 7. Raspberry Jelly à la Disappe. 8. Cake Glace.

CAKES

CAKES require great care in the baking, and the oven should be regulated to the exact heat before putting in any biscuits or cakes ; currants should be well picked and rubbed, and peel cut into small pieces ; and it is essential when cakes are turned out of their tins they should be turned upside down on pastry racks.

In beating eggs, the germ should be carefully taken away before beating. In the present day, when all kinds of cakes and fancy biscuits can be bought so cheaply, the art of cake-making is neglected, and I quite think it saves a lot of trouble, especially with the present race of cooks, who like to do as little as possible. I have given recipes for a few only, and the illustrations will give an idea of decorating them, as all cakes now are so highly ornamental. To ice cakes with glacé-icing, which, I think, is superior to the royal-icing, the sugar should be dissolved and care taken not to overheat it, and mixed with a little rose or orange flower water ; it can be flavoured with lemon, orange, maraschino, &c., and should be spread over the cake with a palette-knife.

Any colouring can be added according to taste. For chocolate-icing, powdered chocolate should be mixed in.

Coffee-icing, flavour with coffee extract. Royal-icing is made by putting two whites of eggs into a china basin, the juice of half a lemon, and six ounces of sifted icing sugar. Work well together with a wooden spoon for some time to get the proper consistency, and when, taking up a little on the spoon, a point is formed which retains its shape, it is ready to use.

Marble-icing is made as above and by the aid of a cornet of paper, or a tin cornet made for the purpose, small lines of red and green icing can be made and put across in different directions ; and with the tip of a feather distributing it ; this is called sometimes feathered-icing. Alexandra-icing is made with butter and icing sugar, a quarter of a pound of butter to three ounces of the sugar ; it must be beaten till creamy and smooth, when any flavouring or colouring may be added. Icing should be dried in a cool oven, but it must *not* be heated.

To spin sugar, put a pound of loaf sugar with as much cold water as will saturate it, about half a pint, and let it dissolve ; then add a pinch of cream of tartar, and boil it to the crack, then give it an extra boil.

Take two silver forks, tie them together, dip the ends of the prongs into the sugar ; with the right hand whisk the sugar to and fro quickly over a rolling-pin, and the higher it is thrown the better. It will fall into a number of threads. Many persons stand on a chair when they are spinning sugar.

To boil to the crack. Boil it till when a little is put into cold water it hardens and snaps like glass. Squeeze in a little lemon-juice, let the sugar remain

one minute longer on the fire, set the pan in another of cold water, and it will be ready for use.

But to spin sugar properly and to make designs in it, it is quite necessary to have a couple of lessons.

Almond Rings

Take one pound of the best flour, pass it through a sieve to prevent any lumps. Dissolve half a pound of butter in a little warm milk and stir in the flour till it becomes a very smooth paste. Roll it out to a quarter of an inch in thickness and cut it into rings with two round cutters, one, of course, larger than the other.

Place them on a tin or tins in a moderate oven for a quarter of an hour. Make some white icing and put it on the cake-rings whilst they are hot. Make the icing with half a pound of ground almond-paste mixed with a table-spoonful of elder-flower water. Beat the whites of two eggs to a very stiff froth and add to the almond mixture, then mix in slowly a pound of the best icing sugar.

When the cakes are iced, they can be sprinkled with very finely chopped pistachio-kernels and ornamented in any fanciful way that the cook may like.

Angels' Food

Take the whites of eleven eggs, one and a half tumbler of castor sugar, sift four times, beat the eggs

to a stiff froth, add the sugar very lightly until poured into the pan, which should be greased. Let them bake one hour ; turn out carefully ; let them cool, and then ice them over with either pink icing flavoured with noyau or brown icing flavoured with coffee.

Bermuda Cake

Beat four ounces of butter to a cream, beat the yolks and whites of two eggs separately for twenty minutes. Next add four ounces of sugar and the same of arrowroot, which has been rubbed through a sieve with the grated rind of a lemon. Mix all well together for half an hour. Line a cake-tin with greased paper, pour the mixture in, and bake in a moderate oven. When cool, ice it over with pink icing flavoured with maraschino and ornament with glacé cherries and leaves cut in angelica.

Brandy Snaps

Melt two pounds of butter in a stewpan, then add three ounces of treacle, two of brown sugar, two ounces of flour, and a quarter of an ounce of ground ginger. Mix all thoroughly off the fire and then put one tea-spoonful of the mixture at intervals on a baking-tin.

They will only take a few minutes to run into wafers and turn brown. Take out and let them remain for one minute, remove from the tin, and roll up the top part outside. Keep in a tin in a dry place. These are now fashionable for five-o'clock tea in the winter.

Cherry Cake

Beat up four eggs, add one ounce of castor sugar and six ounces of fine sifted flour ; then melt half an ounce of butter and add it to the mixture (the butter must not be too hot or it will make the cake heavy) ; now add half a pound of preserved cherries cut in halves, and put in at the last a teaspoonful of baking powder. Bake about an hour and a quarter. When cold, turn it up and cover the bottom with almond paste two inches thick, and when that is smooth and settled, ice it over and ornament it with dried cherries and angelica cut into leaves.

The icing should be flavoured with lemon or ratafia. (See Plate XXII.)

Chocolate Cake. No. 1

Take half a pound of castor sugar and mix it with four ounces of grated chocolate and a table-spoonful of flour. Beat separately the whites and yolks of six eggs and beat the sugar and chocolate mixture into the whites ; add to the yolks the juice of one lemon, with the grated rind. Stir next the white and yolk mixture together. Bake in two square pans an inch and a half deep.

When baked, spread some preserve on the top of one cake and place the other on the top of it and ice with white-icing flavoured with lemon, and ornament with sugar violets and silver balls. This cake is often cut into three-cornered pieces for afternoon tea.

Chocolate Cake. No. 2

Take a cupful of sugar and two eggs, and beat them up together till very light; add two table-spoonfuls of butter melted, then sift in two cupfuls of flour, one tea-spoonful of cream of tartar, and add half a tea-spoonful of baking powder dissolved in a little milk.

Bake in two layers. When baked, put the following cream between each layer :—

Heat a large cup of milk, and when boiling stir in the beaten yolks of two eggs, one teacupful of fine sugar, and six table-spoonfuls of grated chocolate, and blend well together. Boil till stiff, and when cool add some essence of vanilla and spread the mixture between the layers. Place the layers one on the other and ice the top of the cake with the following icing :—

Beat up the white of one egg stiffly with three-quarters of a cup of icing sugar and three table-spoonfuls of grated chocolate; spread smoothly with a knife dipped in hot water.

Coffee Cake

Cream together one cupful of butter and two of sugar, then add the beaten yolks of five eggs; then gradually add one cupful of strong coffee, then three and a half cupfuls of flour and two tea-spoonfuls of baking powder. This mixture should be quite stiff. Add one level tea-spoonful of salt, the same each of ground cloves, allspice, cinnamon, and a

little nutmeg. Then add one cupful of seedless sultanas and one of currants, plenty of thinly sliced citron, and one spoonful of brandy. Put in the oven and bake ; when cooked, ice the top with coffee-icing and with a rose pipe ornament the edges and middle with coffee cream-icing.

Dinner Finger Bread

Make some dough, cut it into long strips with a floured knife and then gradually roll out till quite thin ; sprinkle with a little rough dry salt before putting them into the oven, which should be a moderately cool one, and they should be baked for a long time till the biscuits are dry and crisp.

Gâteau Nègresse

Take the weight of four eggs in castor sugar, the same quantity of butter and flour, and four penny sticks of chocolate. Mix all well together and beat four whites of eggs to snow ; place it in cake pastry pans or tins as in 'Chocolate Cake,' page 199.

Put chocolate cream between each row and cover the top with chocolate-icing.

Nougat

Take half a pound of sugar, put it in a basin with a little water. When the sugar becomes soft, add half a pound of sweet almonds peeled and cut into

strips ; stir without ceasing till the sugar becomes a good brown colour. Grease the moulds and place in the mixture, and put into the oven to dry.

Orange Cake. No. 1

Beat one pound of butter to a cream with one pound of castor sugar ; add ten well-beaten eggs, one pound of flour, and one pint of orange wine. Bake in prepared tins in thin sheets, remove the brown crusts with a sharp knife, and cut each sheet into equal parts ; spread them with a layer of orange marmalade and place a layer of sliced oranges on the top, then place the other half on the top and glaze with orange-icing, and when the icing is set place in a design on the top some of the preserved orange slices.

To make the orange-icing, take the juice of two lemons and two oranges, and mix with icing sugar till thick enough to spread over the cake.

Orange Cakes

Beat three eggs and five ounces of castor sugar to a cream, add six ounces of Vienna flour into which has been put a teaspoonful of baking-powder and the grated rind of one orange. Beat all well together and bake in dariole-moulds in a quick oven for a quarter of an hour. When cold, ice with the following icing :—Squeeze the juice from a large juicy orange, and mix it smoothly with a pound of icing sugar. Pour this all over the cakes and place in the oven, with the

door open, just to harden. The centre of the cake, if made in a cake-tin, can be ornamented with slices of orange preserve in the middle, or if made in the smaller moulds a slice of the orange preserve can be cut into four pieces, and arranged with a sugar violet in the centre.

Elysium Cakes, or Petits Gâteaux à l'Elysée

Take four ounces of flour, four ounces of butter, four ounces of castor sugar, two ounces of grated cocoa-nut, a quarter of the grated rind of a lemon, and two eggs. Cream the butter, beat in the sugar, then the eggs, well beaten ; next, the dried and sifted flour ; then cocoa-nut and lemon-peel. Have ready some little square moulds about an inch square, butter them and put in the mixture ; sprinkle the moulds thickly with very finely grated cocoa-nut before putting in the mixture ; bake them in a quickish oven. When cooked, decorate the tops with four balls of almond paste (see Plate XVIII.) and colour some red, some pink, some brown, some violet, and some pale green. Arrange them in three, and one on the top. Before placing these balls, the tops of the cake should be iced between the balls ; some pistachio-nuts or strips of angelica cut into leaf shapes should be placed between the balls. Of course, the almond paste must be coloured before making into balls.

Sometimes these balls are made of preserved cherries cut in half and covered over with coloured icings. (See Plate XVIII.)

Smyrna Cake

Make some Genoese paste the size required, cut into three rounds, spread the bottom thinly with apricot pulp. Put over it a thick layer of coffee-cream upon the apricot; then place the middle round upon the bottom and mask with apricot and coffee-creams as before; then place the top round on and mask the same, carrying the coffee-cream with the palette-knife all round the sides; then have some desiccated cocoa-nut which has been slightly browned, and cover the sides with it upon which the cake is placed with the palette-knife, and then pipe with the coffee-cream, a small star border round the top, and a design in the centre.

The Genoese paste is made thus :—Beat ten whites of eggs to a stiff snow, stir in eight ounces of powdered sugar, beat ten yolks of eggs for a minute, stir them in lightly, and then mix in six ounces of sifted flour only just enough to incorporate it, and at the same time four ounces of melted butter. Mix the whole together, then pour the mixture on to the prepared tins in a hoop, and bake. Coffee-cream, to make :—Beat half a pound of fresh butter to a cream with a quarter of a pound of icing sugar, add one yolk of an egg and a table-spoonful of Distil coffee essence, and beat till it is a light smooth cream.

INVALID COOKERY

‘ Chief nourisher in life’s feast ’

Macbeth

INVALID COOKERY

AN invalid requires nourishing and light food, especially in convalescence, when the strength has to be kept up ; but it is often a difficult matter, as invalids are often capricious and faddy in their appetites, and take a dislike for what is recommended to them. Cookery for an invalid should be most nutritious, but neither rich nor heavy, for the digestion is always more or less deranged for a time.

Everything should always be served daintily, neatly, and punctually, and a little must be served only at a time, and never a repetition of the same dish twice running.

Arrowroot

Moisten two tea-spoonfuls of arrowroot with two table-spoonfuls of cold milk ; when quite smooth, pour in half a pint of boiling milk, then put it in a saucepan and stir over the fire for three or four minutes. Add two or three tea-spoonfuls of castor sugar to sweeten it. Wine or brandy can be added to this. To make water arrowroot, use the same quantities as above, substituting water for milk.

Arrowroot Jelly

Take half a pint of water into a saucepan with a table-spoonful of brandy and castor sugar to taste ; boil it up, and add gradually a dessert-spoonful of arrowroot which has been rubbed smooth in two table-spoonfuls of water. Boil for about three minutes.

Beef Tea

Take two pounds of beef without any fat, and cut it into small dice. Put it in a gourmet boiler with a quart of cold water and leave it to soak for several hours, pricking it now and then with a fork. Then place the gourmet boiler into a stewpan of water, which must be brought to the boil, then let it simmer for three hours. Strain and put by till cold, removing all particles of fat ; when required, add a tea-spoonful of Valentine's beef juice or a tea-spoonful of Armour's extract of meat, and heat it to boiling-point.

Brains au Gratin

Take some calves' brains, boil and let them get cold, halve them and cut each half into thick slices, season with pepper, salt, oil, and chopped parsley. Put them on small skewers, roll them in melted butter, then in bread-crumbs, and grill them for twelve minutes.

Brown Bread Pudding

Soak two table-spoonfuls of Hovis bread-crumbs in a gill of milk. Make a custard with half a pint of milk and the yolks of two eggs, sweeten to taste, and flavour with vanilla or lemon. Pour the custard whilst hot over the bread-crumbs. Beat the whites of the eggs to a stiff froth with some sugar and a little cream, stir lightly together, pour into a buttered pie-dish and bake for about twenty minutes.

Chicken Panada

Take the breast and wings of a boiled chicken, mix with an equal quantity of stale bread; the water in which the chicken has been boiled should be added gradually. Boil for a few minutes, rub through the sieve, add salt and pepper and any flavouring liked.

Chicken Sauté

(Mary Hooper)

Cut the skin of a chicken just over the pinion bone and down to the leg; turn it back, leave it on the chicken, and cut off the wing and a slice of the breast. Put half an ounce of butter into a frying-pan with a slice of fat bacon, which fry till cooked, then put in the wing of the chicken, lightly peppered and salted. Cook slowly, turning every minute till the chicken is done, which will take about ten minutes,

and if properly cooked will not be hard on the outside.

The rest of the fowl may be roasted or boiled as required.

Cream and Curaçoa

A table-spoonful each of cream and curaçoa stirred together is an excellent restorative for sick persons suffering from exhaustion.

Stewed Calf's Feet

Stew a well-cleaned calf's foot in one pint of milk and one of water, with pepper and salt, and the grated peel of a lemon, for three or four hours.

Curraheen, or Irish Moss

One pint of it boiled in a pint and a half of water will make a semi-transparent tasteless jelly ; it should be then sweetened and acidulated. This forms a most strengthening diet ; it can also be mixed with milk.

Chicken Custard

Beat a small chicken so as to break the bones, stew it in a pint and a half of cold water with a little salt for two hours. Strain, and add the yolks of six

eggs or four whole eggs. Heat this till it *almost* boils, then pour it into little moulds and let cool.

Baked Custard Pudding

Warm half a pint of milk, whisk two whole eggs together ; pour the milk to them, stirring all the while. Pour this custard into the dish, grate a little nutmeg over the top, and bake in a slow oven for half an hour. The tart-dish should be lined at the edges with a little puff paste.

Egg Cream and Sago Broth

Take one ounce of sago, wash it well and stew it in half a pint of water till it is quite soft, gradually evaporating it down to one-half. Beat up one egg with a gill of cream and add this to the sago gradually, stirring well ; then stir in gradually one pint of good boiling beef-tea.

Egg and Sherry

Beat up an egg till it froths, then add a lump of sugar and two table-spoonfuls of water. Mix thoroughly and pour in a wineglassful of sherry and serve at once.

Fish Steamed

Take a whiting that has been skinned and filleted, dry it. Rub some butter over a soup-plate

and put in the fillets, add a few drops of lemon-juice, cover with another plate and stand over a saucepan of boiling water and reverse the plates once whilst cooking, which will take about twenty minutes ; then dish, and when serving pour over the liquor from the soup-plate. Sprinkle a few grains of finely minced parsley over.

Gloucester Jelly

Put one ounce of rice, sago, and pearl barley, a little sugar, together with three pints of water till reduced to one pint. When done, strain it and dissolve it, when cold, in wine and milk or soup for an invalid.

Invalid Pudding

Take two-thirds of a cup of orange-juice, one-third of a cup of lemon-juice, one cup of water, the whites of three eggs, three table-spoonfuls of corn-flour, a pinch of salt and sugar to sweeten. Put the fruit juice and water on the fire, sweeten to taste, and, when boiling, stir in the corn-flour dissolved in a little cold water. Boil slowly ten minutes and then add the whites of the eggs stiffly beaten. Mix well, take off the fire, and turn into a wetted mould. Serve cold with a sauce made of the egg-yolks, one pint of milk, three table-spoonfuls of sugar, and flavouring according to taste.

Invalid Sandwiches

Take a quarter of a pound of raw fillet of beef, scrape it into fine threads, and place it on small delicately cut sandwiches.

Pepper and salt to taste. These are most nourishing and strengthening, but it is well not to let the patient know the contents, as many would refuse to eat them if they knew they were raw.

Meat Jelly

Take one pound each of beef and veal, cut it up finely, and place it in a jar well covered down. Place the jar in a saucepan half full of water and let it stand for three hours on the fire. Then press the meat through a sieve and add to it half a pound of isinglass dissolved in a gill of water. When cold, remove all fat.

Mutton Broth

Take the lean part of a neck of mutton, about one pound ; remove all fat and cut it up into small pieces ; place this in a pint of cold water. Place it on the fire, and as the scum arises skim it carefully ; then let the broth boil for about two hours ; skim, and flavour. A tea-spoonful of pearl barley should be added when the broth begins to boil.

Mutton Broth

(Another Way)

Cut up two pounds of neck of mutton, remove all fat, put it into a saucepan with a quart of cold water and cover closely. Then boil till the meat falls to pieces. Skim and strain, add a table-spoonful of pearl barley which has been soaked in warm water sufficient to moisten it ; let it then simmer for half an hour, constantly stirring. Then add salt and pepper to taste. Mix in four table-spoonfuls of milk and a tea-spoonful of finely chopped parsley ; let it simmer for ten minutes.

Mutton Chop in Beef-Tea

Take a good loin chop, remove all fat and cut it into small pieces ; pound it in a mortar, then rub it through a wire sieve ; mix it with a cup of beef-tea and make it hot in a small saucepan, but it *must* not boil.

Nourishing Milk Beverage

Put half a pint of milk into a milk saucepan and heat it gently ; then draw the pan on one side and add a salt-spoonful of salt, a tea-spoonful of castor sugar, the beaten yolk of a new-laid egg and three table-spoonfuls of brandy or rum. Stir constantly by the side of the fire till the mixture is thoroughly hot without boiling, when it ought to be a trifle

thicker than ordinary milk and perfectly smooth. Then serve at once with a dry biscuit.

Oranges for Invalids

Take the strained juice of three oranges and one lemon and boil it up with sugar to taste and a pinch of isinglass. Cut up some oranges into neat pieces, removing all pips and pulp, and put them into a basin, and then pour over them the nearly cold syrup.

Port-wine Jelly

Take half a pint of port wine, one ounce of isinglass, and an ounce and a half of brown sugar-candy ; stir over a gentle fire for ten minutes, then steam through muslin and pour into a wetted mould and set aside to cool. A piece the size of an egg may be taken two or three times a day.

To Cook a Small Sole

Place a small sole in a fireproof dish ; having well buttered it, sprinkle lightly with salt, squeeze the juice of a lemon over, place a piece of buttered paper over it, and put in the oven for ten minutes. This is a most appetising dish for an invalid.

Fillets of Sole

Take two fillets of sole, spread them on one side with a layer of bread-crumbs, chopped parsley, and salt to taste, with a little beaten egg.

Roll up the fillets and tie each round with a tape, boil them tender in a little acidulated water. When cooked, drain them and sauce them with a little white sauce in which an egg has been added. Put the fillets into the sauce till quite hot, but it must not boil.

Sweetbread à la Santé

Take a nice heart sweetbread, blanch and put it into a stewpan with a small slice of ham, an onion stuck with two cloves, and two table-spoonfuls of rice. Cover with water and cook for an hour slowly till rice is cooked. Then remove them from the fire and reduce the broth to half a pint.

Mince the sweetbread and return the broth ; add four table-spoonfuls of cream or milk, pepper and salt to taste. When cool, stir in four yolks and two whites of eggs well beaten, then steam in a mould for half an hour with a buttered paper ; place the mould in a stewpan containing about two inches of water. Let it stand a few minutes before dishing it up.

Tripe à la Normande

Put into a stewpan two pounds of tripe cut into little square pieces, also a quarter of a pound of bacon ;

cut up a carrot, two onions, two shalots, and a bunch of parsley all cut fine ; add two bay-leaves, four cloves, and twenty black peppercorns and four ounces of butter. Cover all with equal parts of good white stock and chablis, and stew slowly for five hours ; the tripe must be perfectly tender. When it is cooked, remove the tripe and strain the sauce ; thicken it slightly with a little white roux ; pour it over the tripe. Warm up and serve.



MISCELLANEOUS RECIPES

AND

HOUSEHOLD HINTS

‘Nothing nobler can be found in woman than to study household good ’

Milton.



1.



2.



3.



4.

1. Red and White Currants.

2. Brandy Cherries iced.

3. Melon cut for serving.

4. Macedoine of Fruit.



MISCELLANEOUS

A GOOD cook studies her fire and thoroughly learns the peculiarities of her range, its draughts and dampers, learns its capabilities and the best way to maintain sufficient heat with the least consumption of fuel. A good cook never fries a rump steak nor boils a stew, and consults the tastes and tries in every way to suit the palates of her employers, even though her ideas and theirs do not agree. Everything should be measured with carefulness and directions followed implicitly, and all preparations for meals should be in readiness to begin giving to each dish its full time and right amount of heat, never letting the stove-top get red hot, nor putting the stewpans on the coals, and paying attention to what she is doing, and then the food would never burn, never be underdone, but always just right.

A good cook will never forget she is cooking.

Financière Essence

Take a slice of ham and about a couple of pounds of trimmings from poultry or game and stew them in a little stock. Bring to the boil, then simmer them gently for half an hour. Then add an onion stuck

with three cloves, one sprig each of parsley and thyme, a bay-leaf, a small carrot cut in pieces, a stick of celery, or, if not in season, a *little* celery-seed ; pepper and salt to taste ; add three pints of boiling weak stock. Bring to the boil, and then let it simmer very gently without the lid for a couple of hours and strain in a few drops of lemon-juice and a tea-spoonful of mushroom ketchup ; tammy, and it will be ready for use.

Frying Batter

Beat up one table-spoonful of brandy, one of olive-oil, and a little cold water with the yolk of an egg and a pinch of salt. Work in then enough flour to make, with the addition of more water, as much batter as may be required ; it should be of the consistency of thick cream. Just before using, whisk into the batter the whites of two eggs and mix them lightly and thoroughly.

This is for a rich batter ; for ordinary purposes it can be made with milk and no brandy.

A simple batter can be made with four ounces of flour, with as much milk added as will make a thick batter ; stir in the white and yolk of one egg beaten to a froth, and leave it in a warm place for an hour.

Panada

Take some crumb of bread with as much boiling stock poured over it as it will absorb.

When moist, beat it with a fork ; add whatever seasoning is required ; put the bread into a saucepan with an ounce of butter, and stir over a gentle fire till it is dry and smooth and leaves the saucepan with the spoon.

When cold, it is ready.

Potato Croustades

Boil the potatoes, rub them through a sieve, mix with a little milk and an ounce of butter, beat up well over the fire, and then place in a border-mould for a little while ; then turn out and brush over with white of egg and place in the oven for a few minutes.

Royal-Icing

Take twelve ounces of finely sifted icing sugar, whisk the whites of four eggs to a strong froth and stir in the sugar by degrees, beating it well the whole time.

Mix in the strained juice of half a lemon and lay it on while the cakes or pastry are still warm, smoothing it over equally with a palette-knife, and then let it harden in a very *cool oven*.

For pink-icing add a little cochineal, for coffee use a little Distil coffee essence, liquid chocolate for chocolate, and saffron essence for yellow-icing.

Socles

Wash one pound of the best rice and put it in a stewpan with half a gallon of water and a little salt ; boil over a very slow fire. When cooked, pound it in a mortar and mould it to the required shape. For hot dishes the socle should be egged over and put in the oven to colour it. For cold dishes spread the rice over with Montpellier butter, tomato, or anchovy, &c., according to what the dish is composed of.

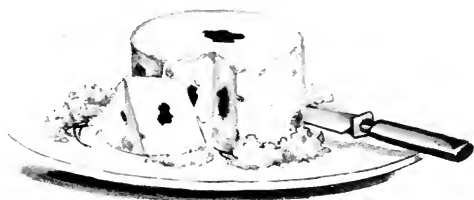
Syrup

Put half a pint of water in a saucepan over the fire ; when it boils, drop in gradually a pound of sugar ; when the sugar is dissolved let it boil up hard. Remove the scum as it rises. When it is clear it will be ready. To flavour, use either liqueurs or essences.

Mayonnaise Jelly

Take some pale aspic jelly and put it in a stewpan with a gill of salad-oil, a dessert-spoonful of white vinegar, and a pinch of pepper and salt. Whip it sharply for ten minutes and then put it on ice.

Then melt the jelly and whip it over ice till it sets again.



A



B



C

A, Pâté de Foie Gras ; B, Sucking-pig ; C. Calf's Head.

CARES THAT INFEST THE DAY

Kitchen Hints

Instead of putting food into the oven to keep hot or to warm up, cover it closely with a tin and set it over a basin of boiling water ; this prevents it from drying.

To Keep Egg Yolk

Put the unbroken yolk into a cup and cover with water and it will keep fresh for three days ; the water must be poured off before using.

Scorching Food

When food scorches in cooking it should be immediately uncovered and set into a pan of cold water for a few minutes, then carefully removed from the pan without stirring the food which has been scorched ; and it will not taste of the scorch.

Tasting

When a cook's taste has become vitiated by tasting many dishes a small drink of milk will restore the delicacy of the palate.

To Prevent Odours from Cooking

A lump of bread the size of a tennis-ball tied up in a linen bag and placed in the saucepan where greens are boiling will absorb the unpleasant gases which arise.

Cedar shavings thrown into the fire will also ameliorate unpleasant cooking smells of water or grease spilt on the stove.

To Prevent Pies Boiling Over in the Oven

During the process of baking place the pie-dish in a flat dish or pan containing a little water.

To Keep a Kitchen Range Free from Grease

Put a piece of paper over the frying-pan and it will absorb all the grease. A corner of the paper can easily be lifted to see if the articles are done.

Kettles to Keep Clean

To keep kettles free from incrustation, caused by hard water, put an octopus into the kettle, which can be bought at any ironmonger's, or a flat oyster-shell, which will attract all particles of chalk.

To Wash Dishes Properly

First scrape off any food. Then let each piece be washed by itself in hot and clean water. Rinse

thoroughly with cold water, and be sure to use *dry* cloths to finish with, and see there are no particles of soap in the corners of cups. Pudding-dishes or plates on which food has been baked should be soaked in a little salt and water before being washed.

Glass to Wash

When washing glasses which have been used for milk, they should always be rinsed first in cold water and then washed in hot, which will make it much easier to produce the proper point of brightness.

Laying and Waiting at Table

In laying a table, everything must be placed perfectly straight and not too near the edge of the table. The silver cutlery and glass must be *very* bright, and a clean selvyt cloth or leather should be kept in a sideboard drawer to rub anything that looks the least dull. The sideboard should be carefully arranged with silver and glass, &c., so as to avoid delays or absence from the room whenever an extra spoon or fork is required.

Good waiting consists in extreme quiet, no rattle of plates nor dropping of silver, clashing of glasses, &c. The plates should be removed as they are done with. Everything except wine is handed on the left-hand side ; the dish must be firmly held, slightly tilting towards the person to whom it is offered. The lady on the right of the host should be

served first. If there are several at dinner there should be two servants, who should hand the entrées simultaneously on either side of the table, beginning at opposite ends. The waiters should be seen and not heard, but yet they must have eyes for everything and see what each person requires. Where there is a butler, he has the charge of the wine, but, if not, the principal of the two servants undertakes it. Champagne must be opened quickly and noiselessly, and great care must be taken in pouring out wine not to over-fill or spill any of it.

The cover that is laid for each person is—On the right hand, two large dinner-knives and a silver fish-knife, and a table-spoon for soup ; on the left hand, two large forks and a fish-fork ; should there be hors-d'œuvres, a dessert-spoon and fork is placed in front of the plate. The wineglasses, if for a dinner party—A champagne-glass, sherry-glass, and a hock- or claret-glass, placed to each guest. Salt-cellars and little pepper-castors are generally placed in front of every other guest. Serviettes should be nicely folded, but not elaborately. The mitre or escutcheon shapes are mostly used, though it is much the fashion now to place the serviette on the table quite plainly folded.

When the guests have all been served with soup sherry is handed.

Hock is served with the fish, and the champagne is handed round directly after the first entrée has been served.

In changing the plates, fresh cutlery and silver must be put round to each guest, when required ; for all sweet dishes, a small dessert-fork and spoon is

placed on the plate before it is put before the guest ; and for savouries a fork only, generally. But it depends on the savoury, for sometimes a small knife is required as well. When an entrée consists of chicken, creams, patties, &c., it is eaten with a fork only. When salad is served, small salad-plates are handed round with the bowl and placed at the left-hand side of the dinner-plate. It is eaten with a knife and fork. Cucumber is handed round with the fish ; it is taken on to the dinner-plate and eaten with a fork. The sweets are eaten with a fork only, except in the case of tarts, when a spoon should be used as well. Pastry is also only eaten with a fork. After the savouries the table is cleared of everything that appertains to dinner, and the cover is brushed with a silver brush and scoop and dessert-plates are placed on the table before each guest. Ices are handed round immediately before dessert. On each dessert-plate should be placed a d'oyley, and on this the ice-plate, and on this again the finger-bowl, and also on the plate are placed the ice-spoon and the dessert knife and fork. Wineglasses—port, sherry, and claret—are placed round to each guest. After the ices, liqueurs are handed round, poured out in liqueur-glasses placed on a silver salver. After the ices are finished, the ice-plates are removed and the dessert is handed round, and then the wine.

Coffee is served after dinner in the drawing-room to the ladies and to the gentlemen in the dining-room. Black coffee is usually taken, but cream, sugar, and milk should be handed with it. Cigars, cigarettes, and match-stands are generally handed to the gentlemen

with their coffee, as well as little glasses of champagne fin or other liqueurs.

The decoration of the dinner-table itself must be left to the taste of the mistress of the house, which depends on what plate and china she has. Dessert sweets are generally arranged in little silver dishes, and the fruit at dinner parties is seldom placed on the table, as the table is generally covered with pretty silver ornaments, china, and flowers. There is no room for the fruit.

To Clean Plate

(A Silversmith's Recipe for Cleaning Plate)

Take a little rouge and mix with spirits of wine, put it in a saucer. Place some on the silver with a pointed stick and rub briskly whilst it is wet with a clean piece of rag, and polish it finally with a leather.

The success of cleaning plate well depends on the way the powder is used, which should be very sparingly. Plate should be washed in the *hottest* of boiling water, with a little soda and fine whitening made into a paste with a little methyated spirit, and then put on with a soft flannel ; rinsing in cold water, drying, and polishing with a buff and afterwards with a selvyt cloth or wash-leather, is about the best way. Of course, rubbing it on the palm of the hand and with the finger and thumb till the silver feels quite hot polishes the plate best, but if the servant has a damp hand it is impossible to polish it, and it becomes dull and smudgy. Where the hand is damp, it is a good plan to take an old knife-board with the emery-cloth

worn off, cover it with flannel and then with a piece of chamois-leather, and rub it hard on this ; but, of course, the inside bowls of spoons cannot be rubbed in this way.

I always have *all* my silver boiled in the copper three times a year with a small handful of hartshorn powder in it. It is quite a necessity for entrée dishes and covers, for they will get grease worked into them if the servants are at all parsimonious in their washing.

I always use Spink's plate powder and his buff for polishing. I prefer the buff to the brush except when the silver is much chased, when the brush is a necessity. When putting away silver which is only occasionally used, pieces of camphor gum should be placed among it to prevent its tarnishing.

TERMS USED IN COOKING AND IN THE KITCHEN

Abaisse : Rolling in paste.

Allemande : Reduced white sauce thickened with cream and yolks of egg and seasoned with lemon-juice.

Angelica : A preserve used for decorating.

Aspic : A savoury jelly.

Assiette : Small entrées and hors-d'œuvres, not more than a plate will hold.

Assiettes volantes : Dishes handed and not put on the table.

Attelêts : Small silver skewers used in garnishing.

Au bleu : Fish dressed in such a manner as to have a bluish appearance.

Au gras : Dressed with meat gravy.

Au jus : In a natural juice or gravy.

Au naturel : Plain simple cooking.

Baba : A kind of light sweet cake.

Bain-marie : A metal pan which has a loose bottom to hold water, into which small saucepans can be put for keeping warm.

Barde : A thin slice of fat bacon placed over steaks, fowls, &c., instead of larding.

Batterie de cuisine : A complete set of necessary apparatus for all culinary purposes.

Bavaroise : A kind of cream and custard.

Béchamel : A rich white sauce made with cream.

Beignet : A pancake or fritter.

Bisque : A soup made with shell fish.

Blanc : White broth.

Blanch : To parboil, to scald vegetables, &c., in order to remove skins, &c., and to whiten poultry.

Blanquette : A kind of fricassée made with white sauce and thickened with yolk of egg.

Bligner : To fritter anything in buttered egg and fry.

Bone : To remove all bones from poultry and meat.

Boudin : A rich mixture of different meats minced.

Bouilli : Beef much boiled.

Bouillon : A thin soup or broth.

Bouquet : Simply parsley, thyme, and a bay-leaf tied together.

Bouquet garni : The same with the addition of cloves.

Bourguignote : A ragoût of truffles.

Braise : Meat cooked with bacon in a closely covered stewpan, to prevent evaporation.

Braisière : A saucepan with ledges to the lid, so as to put fire on the top.

Brider : To truss fowls with a needle and thread.

Brioche : A kind of light spongy cake.

Brochettes : Small skewers.

Buisson : A cluster or bush of anything piled on a dish.

Callipash : The glutinous flesh of the turtle found on the upper shell.

Callipee : The same found on the under shell.

Cannelons : Small rolls of anything filled with meat, fruit, or minces.

Capilotade : A hash of poultry.

Caramel : Burnt sugar.

Casserole : A crust of rice, which, having been moulded to the required shape, is filled with mince, fricassée, &c.

Charlotte : Thin slices of bread steeped in clarified butter and placed in a plain mould with fruit or cream.

Chartreuse : An ornamental entrée composed chiefly of quenelle forcemeat and arranged in a plain mould.

Chapelure : Bread-crumbling.

Chasse : Liqueurs handed with café noir.

Chemiser : To line a mould.

Civet : A dark thick stew.

Compôte : Stewed fruits served with syrup.

Confitures : Preserves, sweets, jams, &c.

Consommé : Strong clear gravy or broth.

Contisé : Small scallops of truffles, tongue, &c., inlaid as ornaments by incision in fillets of any kind.

Coulis : A rich brown gravy.

Couronne, en : To dish up entrées in the form of a crown.

Croquantes : A bright mixture of fruit and boiled sugar.

Croquettes : Minces of meat, fish, or fowl made into various shapes, rolled in egg and bread-crumbs and fried crisp.

Croustades : Fried shapes of bread upon which various entrées are served.

Croûtons : Fried sippets of bread used for garnish.

Cuisson : The liquor in which meats have been boiled.

Dariole : A sweet tart baked in a mould.

Daube, en : Meat, fowl, or game stewed in sauce.

Daubière : An oval stewpan.

Désosser : To bone poultry, game, fish, &c.

Dorure : Yolks of eggs well beaten for decoration.

Echauder : To dip in very hot water.

Emincer : To mince.

Emonder : To skin almonds.

Entrée : Dishes handed round after the fish, comprising cutlets, salmis, chartreuses, and all made dishes, &c.

Entremets : Second-course dishes, comprising dressed vegetables, savouries, and sweets of all kinds.

Escalopes : Collops, small thin round pieces of meat, poultry, or fish.

Espagnole : Brown sauce, very rich.

Etamine : A tammy.

Etouffer : To stew in a closed saucepan.

Fagot : A small bunch of parsley and thyme tied up with a bay-leaf.

Faire revenir : To semi-fry.

Fanchonnettes : Varieties of small pastry meringued over.

Farce : Force meat stuffing.

Farcie : Stuffed.

Feuilletage : Rough paste.

Financière : A highly flavoured dish.

Flair : A French custard.

Flamber : To singe fowls or game.

Flans : Varieties of French cheese-cakes.

Florentines : Light pastry iced over.

Foncer : To put slices of ham or bacon at the bottom of the saucepan.

Fondue : A cheese dish of the soufflé order.

Fricandeau : A dish of lamb or veal cookery, &c., without bone, larded and glazed with a concentration of its own liquor.

Fricassée : Chickens, &c., cut in pieces and cooked in rich white sauce with mushrooms and other accessories.

Friture : Butter for frying.

Fritter : Anything made in batter and fried.

Galette : A broad thin cake, a kind of muffin.

Gâteau : A cake.

Gaufres : Light spongy biscuits.

Glacé : Anything iced.

Glaze : Stock boiled down to jelly.

Godiveau : A variety of forcemeats.

Gras : Made with meat.

Gratin : A forcemeat made with meat and thin panée

Gratiner : To grill.

Haricot : A stew made with mixed vegetables and meat.

Hâtelet : A small silver skewer, sometimes spelt attelêt.

Hors-d'œuvres : These are appetisers, or whets to the appetite, and

eaten before soup, and consist of sardines, oysters, and anchovies, caviare, foreign dried sausages, &c.

Jardinière : Vegetables stewed in their own sauce.

Lardoon : The strips of bacon used for larding.

Lard : To pierce the meat with bacon.

Liaison : A mixture of cream and egg, used to thicken with.

Lit : Thin slices in layers with seasoning between.

Luting : A paste made of flour and water and used to fasten on the lids to pie-pans when preserving game in order to prevent evaporation.

Macédoine : A mixture of vegetables with the addition of some kind of sauce.

Macédoine of fruit : A mixture of fruits in syrup.

Macérer : To soak meat, &c., in cold liquid to extract their juices.

Madeleine : A kind of queen cake ornamented with preserve and sugar, &c.

Maigre : Without meat.

Marinade : To steep fish or meat in certain juices or liquor.

Mask : To cover meat over with forcemeat, &c.

Matelote : A rich fish stew made with wine.

Mayonnaise : Salad dressing.

Mazarine : An ornamental entrée.

Menu : Bill of fare.

Meringues : Light pastry made with whites of egg and sugar.

Mijoter : To cook slowly on a very little fire.

Mirlitons : Varieties of French cheese-cakes.

Miroton : Slices of meat, larger than collops, stewed in rich sauce and dished up in a round.

Mouiller : To add broth or water during cooking.

Nougat : A mixture of almond and burnt sugar and lemon-juice.

Nouilles : Strips of paste made of eggs and flour.

Paillasse : A grill made over cinders.

Panada : A mixture of bread, milk, &c., used in making forcemeats.

Paner : To egg and bread-crumbs.

Papillotes : Greased paper fastened over fish and cutlets.

Parer : To trim.

Pâté : A small pie.

Paupiettes : Slices of meat rolled, sometimes called Polpetti.

Pièce de résistance : The principal joint of the dinner.

Pièce montée : A dish very highly elaborated and dressed high.

Pilau : A dish of meat or poultry with rice.

Piping : Sugar decorations used in ornamenting cakes, pastry, &c.

Piqué : Larded.

Pluche : Leaves of parsley, chervil, tarragon, lettuce, &c., cut very small.

Poêlée : Stock used instead of water for boiling.

Potage : Soup.

Printaniers : Early spring vegetables.

Profiteroles : Light pastry with cream inside.

Puits : The hollows in the centre of dishes.

Purée : Meat and vegetables reduced to a pulp and then mixed with other liquids to the consistency of thick soup.

Quenelles : Delicate forcemeat formed into balls and poached.

Ragoût : Quenelles, mushrooms, truffles, &c., mixed in a rich sauce.

Relevé : The remove dishes.

Remoulade : Salad dressing.

Rissoles : Pastry made of light puff paste filled with minces and fried.

Roux : A mixture of butter and flour used for thickening soups and sauces ; there are two kinds, white and brown.

Salmi : A highly finished hash of game or wild fowl with a rich sauce.

Salpicon : A mixture of different finely-chopped meats.

Sasser : To work a sauce with a spoon.

Sauce piquante : A sharp sauce, vinegar or lemon predominating.

Sauter : To cook in a saucepan with sauce, constantly shaking it.

Serviette, à la : Served up in a table-napkin.

Sippets : Small pieces of bread cut into different shapes, fried and used for garnish.

Soufflé : A light pudding.

Stock : The broth of which soups are made.

Tamis, tammy : A strainer or fine sieve, for straining broth, sauces, creams, &c., through.

Timbale : A sort of pie made in a mould.

Tornedos : Very small fillets of beef cut thicker one end than the other.

Tourte : (Tart) fruit pie baked in a shallow dish.

Tourner : To stir a sauce.

Trifle : A sweet dish made of sponge cake, macaroons, jam, wines, and liqueurs.

Travailler : To reduce gravy.

Trousser : To truss.

Turban : See Mazarine.

Vanner : Lifting a sauce up and down with a spoon.

Velouté : A very rich white sauce.

Vol-au-Vent : Puff-paste cases of ragoûts, &c.

Zest : Thinly pared rind of lemon or orange for flavouring.

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